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Thursday, September 25, 2008

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Greater quality of life for Parkinson's sufferer

The onset of Parkinson's disease led David Hawksworth to join the Edge Leisure Centre in Haslemere, Surrey with the aim of getting more active.

David, 64, has always had a very busy lifestyle and this didn't change when he retired. He joined the Edge Leisure Centre in January following advice from his physiotherapist to increase his activity. David felt very motivated throughout his kinetika journey. "All my appointments were extremely helpful in identifying my goals for each session and I seemed to learn something new each time.

"I have certainly seen a difference in my quality of life... Even my family have made comments"

David, 64, Haslemere

"After my fifth appointment I felt fitter and generally healthier. My instructor Steve designed me a great programme, which was challenging but simple to follow with both short and long term goals to work towards. I feel more confident in the gym now because I have more knowledge of fitness thanks to my kinetika journey sessions."

Steve was aware of David's condition and knew how it could affect motor skills resulting in increased stiffness and decreased movement. He therefore incorporated specific training into David's sessions such as weight lifting and cross training to strengthen his muscles, which has paid off says David.

"I have certainly seen a difference in my quality of life since joining the gym. Even my family have made comments. saying that I have improved my posture and the way I walk."

David now plans to work out in the gym twice a week which is an improvement from when he signed up in January.

BARRY SHAPES UP IN THE PARK

Feeling unhappy with his personal fitness, Barry Pringle decided to join The Pavilions in the Park in Horsham, West Sussex, to get in shape for holiday.

Twenty-one year old Barry joined The Pavilions in the Park in December 2007 to tone up and increase the muscle mass. A keen swimmer, Barry didn't feel he was getting the results he wanted from the activity. "I enjoyed swimming but I didn't feel I was getting any fitter by doing it, so I decided that it was time to join a gym."

Barry had been a member of the gym in the past, but had never particularly enjoyed the experience feeling intimidated by other users. "The staff at The Pavilions made me feel really welcome and each appointment helped me a lot. I was given a simple workout to follow which made me want to come to the gym more often," says Barry.

The variety of instructors throughout Barry's kinetika journey ensured that his programme was made up of a range of exercises which helped keep him motivated. Since joining five months ago Barry now visits the kinetika gym four times a week.

"I love coming to the gym but my work and personal lifestyle means that I can't visit as much as I would like. I can now run for longer and my heart rate has been reduced, which has encouraged me to do more exercise. I've also got more muscle definition, which is fantastic and this alone will motivate me to continue."

As well as this, Barry is considering booking some personal training sessions to get even better results. "I've been receiving lots of compliments from friends and family so nothing will stop me now!"

CANDICE LOSES 5 STONE

Candice Warren is proof that working out in the gym can help you achieve weight loss.

When Candice started her weight loss programme in March 2007, she was diagnosed as clinically obese and found any form of exercise difficult. After losing three and half stone by December 2007 she decided to join a gym to aid her programme and become fitter at the same time.

"I began my exercise routine by simply doing a three mile power walk once a week and incorporated this with aerobic DVDS at home. I gradually saw an improvement in my fitness but knew that I needed professional help in order to see the results I wanted. This is why I joined Royston Leisure," says Candice.

Before starting her weight loss programme, Candice's lifestyle saw her bingeing on unhealthy snacks, never exercising and suffering from low self esteem. However, using the seven-day pass at Royston Leisure Centre in Hertfordshire motivated her to become more active and lose even more weight through exercise.

"The first appointment at Royston really helped with my confidence. My instructor Hayley set me clear goals from the outset so that I knew straight away what I had to do to achieve my targets. The support throughout my journey has been phenomenal," says Candice.

Candice's weight loss to date is five stone and she puts this down to her gym programme, "I'm amazed with my fitness levels. I can now run three miles without stopping, take part in numerous classes and follow my gym programme each week -an achievement which I'm really proud of."

"The first appointment really helped with my confidence... the support throughout my journey has been phenomenal"

Candice, Royston

Candice has recently been set new targets by her instructor Hayley and believes that with the staff's commitment and support she can definitely achieve them.

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Controversial bin scheme ready to be rolled out

Ready for action: The bins are waiting at the Villiers Road tip

by ALITA HOWE
ahowe@london.newsquest.co.uk

More than 50,000 new wheelie bins are poised and ready for action, with major changes to Kingston's refuse and recycling collection beginning in earnest next week.

The bins, currently sitting at the Villiers Road tip along with new recycling containers, will be trucked out across the borough over the next 10 weeks.

The controversial refuse scheme will see weekly recycling collection and fortnightly residual waste collection, in a bid to cut the amount of waste sent to landfill. The aim is to increase Kingston's recycling rates from 24 to 48 per cent.

Letters and a 24-page information booklet will be sent to all households explaining the changes and when each container will be collected.

The first collections, which are being phased in according to collections crews' routes, will be on Monday, September 29.

More than 5,500 households are part of the first phase.

Rob Dickson, director of environment and sustainability at Kingston Council said he was confident that the "meticulous planning and preparation" would minimise any "teething problems" with the new scheme.

Leader of Kingston Council, Councillor Derek Osbourne, said the changes were "momentous".

He said the scheme would make it more difficult for people wanting to throw everything in the rubbish but that it was the right course of action to make Kingston an environmentally friendly borough.

He said: "The new collection service marks a sweeping change in the way we deal with our rubbish.

"There are well-known environmental implications of sending our rubbish to landfill sites. It is also cheaper for council tax payers to reuse, recycle and compost their rubbish rather than burying it in the ground."

Residents have already expressed concern that the new service will not be up to scratch.

They described hour-long queues last week at the Villiers Road tip as the "tip of the iceberg" of problems which could arise when people only have fortnightly rubbish collections.

Conservative leader Councillor Howard Jones presented a 5,000-strong petition to the executive in July to try to save weekly rubbish collections. He said he was "astounded" at the strength of feeling against the proposals.

He said: "Our message is simple: collect rubbish, recycle weekly, and don't ignore almost 5,500 people who took the time to sign a real petition. We pay the highest council tax in London. Listen to residents when they deliver real petitions."

Kingston Council has organised a series of roadshows between September and November, where residents can get more information on the scheme.

For details of the roadshows, visit **kingston.gov.uk/recycling_road shows**.

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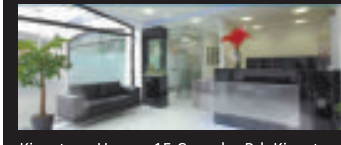

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Website: www.auradental.co.uk

Violent drinkers will get barred from town's pubs

by DAVID LINSELL
dlindsell@london.newsquest.co.uk

Boozed-up drinkers who get violent will be barred for up to 12 months from pubs across Kingston town centre under a new scheme designed to reduce violent crimes.

Anyone who commitsassault, criminal damage or carries a weapon will have their photo circulated around the licensed premises by Pubwatch, on top of getting prosecuted by police.

The initiative, dubbed Behave or Be Banned (Bobb), was launched at Oceana nightclub last Wednesday and will see bans issued for between six and 12 months.

Breaches could lead to anti-social behaviour orders if people ignore their banned status.

Last month, the Kingston Guardian revealed that police officers handed out 414 fines for drunken and disorderly behaviour on the streets of the borough last year.

Inspector Julian Hagley of Kingston police town centre team, said: "The message is very simple, a night in the cells at Kingston as a result of violent behaviour will not only get you a criminal record, it will now result in you being banned from the town's pubs as well."

Ian Taylorson, chairman of Kingston's town centre Pubwatch, said: "We have been working with the police and local authorities to set this scheme up over the past two years.

"I visited an area which operates Bobb with Inspector Hagley and Mick Newbury from Kingston police six months ago. I saw first hand the improvements that it had made to the town centre's licensed venues."

Bobb: The scheme will ban people who commit violent crime from the town's pubs

Check the number of crimes in your area – go to yourlocalguardian.co.uk/li

Your Local Guardian

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Seven days, seven events

Thursday
Wallington Library presents storytelling for adults, with a tale of King Arthur.

Friday
The Stage Golfing Society is holding a golf match to raise funds for a charity, Gone Too Soon, at the Richmond Golf Club, Sudbrook Lane.

Saturday
Take part in a 6 mile walk from Richmond station to Ham House.

Sunday
Landmark Arts Centre, Ferry Road, Teddington is holding a eco fair.

Monday
Enjoy music through the ages at the Parish Church of St Anne, Kew Green, Kew.

Tuesday
Saxophonist Hannah Marcinowicz and pianist Daniel Swain perform at Fairfield Hall's concert hall.

Wednesday
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Watch a video of a blaze in Kingston town centre.

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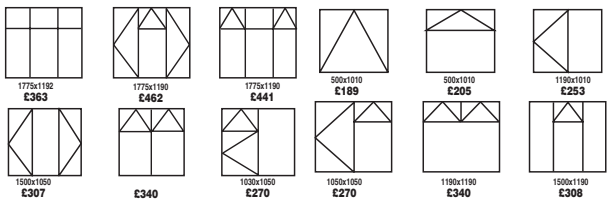

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ABC

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Surbiton fatal fire latest

surreycomet.co.uk

Hotel fire due to blow torch

by KERRY GROVE
kgrove@london.newsquest.co.uk

A large fire at the site of a new Travelodge hotel in Kingston led to hundreds of people being evacuated from town at 11am on Monday.

Flames from the top of the 10-storey International House in Wheatfield Way, reached a further 20ft into the air.

The fire is believed to have started when construction workers used a blow torch in the lift's motor room and the timber floorboards caught alight.

The workmen tried to use a fire extinguisher to tackle the blaze, but it had become too big to control, although thankfully staff managed to get out safely.

The whole of Adams' Walk shopping centre was evacuated, as was Lidl and office staff at nearby Combined House.

Gabriella Samu, manager of Mange Tout cafe on the ground floor of the burning building, had to evacuate at least a dozen customers.

She said: "It looked really scary. I was coming back from Sainsbury's and I saw the fire. I thought 'that's our building' and started running back."

Carpenter Manuel Falton was working in the building a few floors below when the fire started.

He said: "Only senior people can use blow torches. They don't just give them to anyone and you have to have a certificate.

"I've been working in the building trade for 10 years and it's the first fire I've witnessed."

The fire brigade got more than 60 calls from people who saw the smoke at about 11am and one fire engine was sent to another Travelodge in nearby Old London Road.

Travelodge bosses said people were able to return just a few hours later.

No delays are expected on the construction of the 102-bedroom hotel, which is due to be finished in May 2009.

See a video of the fire at yourlocalguardian.co.uk

Missing: Michael Just

Depressed man is still missing

Police are concerned after a married man went missing after attending an appointment on Friday.

Michael Just failed to return home on September 19 and was reported missing by his wife on Monday.

Mr Just suffers mental health problems and is on medication for depression.

The 49-year-old is white, of medium build, 5ft 9in, with greying hair and glasses.

Anyone with any information should call Kingston's missing persons unit on 020 8247 5131 and quote the reference 08MIS 022725, or call Crimestoppers anonymously on 0800 555111.

For the latest crime statistics for your area, visit yourlocalguardian.co.uk/li

Making a difference

Former mayor Councillor Shiraz Mirza held a special cheque presentation for the good causes he helped during his mayoral year.

Cheques to the Pakistan Earthquake Appeal, Royal Kingston Rehab Centre in Lahore, Momentum and the Parkinson Disease Society, totalling more than £37,000, were presented by Coun Mirza from his 2007-8 charity appeal at the Guildhall on September 17.

Momentum, based at Kingston Hospital, installed air conditioning in the paediatric wards and painted murals at the hospital, while the Sutton, Kingston and Epsom branch of the Parkinson's Disease Society will use the money to help provide respite facilities for Parkinson's carers.

Coun Mirza said: "I am absolutely delighted that we could make such a difference to the charities involved."

Special causes: Coun Mirza, third from right, gave cheques to various charities

Hide keys to prevent 'fishing'

Kingston residents are being warned to protect their homes from "key fishing" attacks, after a thief struck a home in New Malden, on September 10.

The latest in a string of similar thefts was reported to police by the stunned occupants of a Malden Hill home, after they woke to discover their Lexus 4x4 had been stolen from the driveway.

Police believe the thief used a tool to retrieve the car keys, which were on a shelf near the doorway in full view of the letterbox, before letting himself into the vehicle and driving it away.

The crime is the sixth similar attack reported in the borough in as many months, and has caused police to remind residents not to leave keys in plain sight of their letterboxes.

Kingston Chief Inspector Cliff Law said: "There appears to be a growing number of instances where this type of method is used by thieves who, with little effort on their part, obtain house or car keys left within reach of a letterbox, or open window, and are then free to make off with high-value property."

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Prolific shoplifter banned from town

by ALITA HOWE
ahowe@london.newsquest.co.uk

A prolific shoplifter, who made retailers' lives a misery, has been slapped with a two-year antisocial behaviour order (Asbo) and banned from Kingston town centre shops for two years.

Christopher Hedges, 36, from The Retreat, Surbiton, is already serving a seven-month sentence for theft, but faces a further custodial sentence if he enters any town centre shop which is part of the Kingston Businesses Against Crime Network (KBAC).

Kingstonfirst and Kingston police jointly applied for the Asbo after Hedges was caught shoplifting in Clarence Street on August 18.

The Asbo was granted on September 16.

Kingston police said Hedges would often become aggressive when apprehended by officers for shoplifting and had caused a significant amount of criminal damage to police cells while in custody.

Inspector Julian Hagley of Kingston police said: "Christopher Hedges has brought misery to those that are running lawful and respected businesses.

"The tough stance that has been taken against this individual it is hoped will serve as a message to others who choose to behave in the same way."

Paul Riordan, business crime reduction manager for Kingstonfirst, echoed the sentiment.

He said: "This is great example of what businesses can achieve when they work together.

"Using the collective input from retailers and the police, KBAC has ensured that Kingston is a safer place for people to visit and to work."

Get the latest crime statistics for your area
yourlocalguardian.co.uk/li

Family life: Lynette and Paddy enjoy some time in the garden

Care for elderly at home

Families in the community are being sought to help vulnerable people lead a more fulfilling life.

The Adult Placement Scheme was put in place two years ago, but Kingston Council is still recruiting potential carers.

The scheme pays families about £350 a week to take an elderly or vulnerable adult into their home and provide accommodation, support and friendship.

Councillor Ian Reid said: "This is a fantastic scheme that allows some of the more vulnerable members of our community to live full and independent lives.

"If you are a caring person, and you have the time and space to welcome someone into your home, I would encourage you to consider becoming an adult carer."

Carers are carefully matched with people to ensure the needs of both parties are met and placements can be long or short-term, depending on preference.

There are also stringent procedures in place to ensure adequate care is given, including criminal record checks, Department of Heath regulation and monitoring by a scheme manager.

If you would like to be part of the scheme, call Sheilagh Sollis, adult placement scheme manager at the council, on 020 8547 6160.

Track down your local councillor at
yourlocalguardian.co.uk/li

NEWS*brief*

DRINK DRIVER: A Wandsworth man was more than three times the drink-drive limit when police stopped him in Kingston last month, a court was told.

Timothy Ennis, 29, of Wynter Street, was stopped driving a Volkswagen Polo in Queen Elizabeth Road, on August 22. Ennis was at Kingston Magistrates' Court on September 19 to be sentenced, after admitting the offence at an earlier hearing. The court heard it was his second drink-driving offence in 10 years. He was sentenced to a 12- month community order and fined £70.

He was also disqualified from driving for three years but told he could reduce this by nine months by taking a drink-drive rehabilitation course.

CRAFT FAIR: Jewellery, handmade cards, fine bone china, candles and much more will be on sale at a Chessington craft fair on November 29.

Stalls are still available if you would like to sell your arts and crafts on the day. The fair is being held at the Hook Centre in Hook Road, Hook, from 9.30am to 4pm.

Call 020 8547 6480 or 020 8547 6482 for more information.

TRADING PLACE: Kingston upon Thames Local Exchange Trading System (Kutlets) hosts a trading and social evening on September 29. The event is at the Environment Centre, Fairfield Road, Kingston, at 7pm. Everyone is welcome and invited to bring food, plants and unwanted items to trade.

Visit **kutlets.org.uk**

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Your Local Guardian

Collapsed: Ralph Murwill had been a physiotherapist at Kingstonian FC for two seasons

Physiotherapist runner dies 'out of the blue' after race

by DAVID LINDSELL
dlinsell@london.newsquest.co.uk

A runner who collapsed and died after completing a half-marathon was a physiotherapist who dreamed of working for a top football or rugby club, according to his family.

Ralph Murwill, 28, fell shortly after crossing the finish line of the 13.1 mile (21km) Robin Hood Festival of Running in Nottingham last Sunday.

His brother Phil, 26, speaking from the family home in Kingston, was running with Ralph and two other close friends.

"I passed him after seven miles and he looked over to give me a wink as if to say 'go on, do well' and that was the last time I saw him," he said.

"We had arranged to meet at a certain point after the race and he didn't turn up after half-an-hour so I started to think something was wrong.

"Everyone is devastated and shattered by the whole thing. It was totally out of the blue."

He ran the race in 1 hour 51 minutes, crossing the line just 10 minutes after his younger brother, who described him as "a very generous guy and a really good friend to lots of people".

"We have been inundated with messages from his friends," he added.

Mr Murwill grew up in Kingston with his two younger sisters and two younger brothers, attending St James in Twickenham before going to university and then settling in east London with his girlfriend.

He was at Kingstonian Football Club for a couple of seasons between 2002 and 2003, working as a physiotherapist under manager Steve Sedgley and his then-assistant, Kim Harris.

Mr Harris said: "He was a lovely boy. He came on work experience and ended up staying.

"He couldn't do enough to help you.

"He just wanted to get on with the physio game. That is a tragedy."

The family have been delayed from organising a funeral until the results of the postmortem examination.

Leave your tributes to Ralph Murwill at yourlocalguardian.co.uk

Should YMCA smoking ban be reversed?

The YMCA in Surbiton should have an exemption to the smoking ban to stop residents spilling out on to the street, it was claimed last week.

The idea arose at a meeting of Kingston Council's housing department, Surbiton businesses and YMCA bosses, who were responding to complaints about the hostel on an online forum.

Contributors on Surbiton.com said they felt intimidated passing by the 121-bedroom hostel in Victoria Road, forcing MP Edward Davey and local councillors to take action.

But centre manager Paul Coates said afterwards that seeking to make an exception to the smoking ban – like some psychiatric hospitals, retirement homes and prisons do – "was not realistic".

He added: "I don't think we can change the law."

A public meeting at the YMCA in October is being arranged for residents to raise their concerns. The date will be confirmed next week.

Keep up to date with the debate
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Driveway rental scheme on up

Enterprising home owners in Kingston are beating the credit crunch by renting out their driveways to commuters.

The number of homes in the KT postcode offering parking spaces has leapt from 14 last year to 47 today, according to website yourparkingspace.co.uk

The average driveway in Kingston earns its owners £1,230 a year – a drop of £78 in the past 12 months because of increased supply.

The borough has been ranked the 13th most expensive London borough in which to rent a space. Westminster tops the league table at an average of £3,632.

Properties within walking distance of Kingston town centre and Surbiton station are most popular, and work out cheaper than the daily charge of £12 at many car parks, which equates to £3,640 a year.

Avoid the jams, Go to yourlocalguardian.co.uk/li

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Phil bows out on a low note

by DAVID LINDSELL
dlindsell@london.newsquest.co.uk

The first man to receive a master's degree in music is packing up playing in Kingston, after anonymous complaints that he was busking too loudly.

Classically trained Phil Morgan, 56, circulated a letter to traders on Tuesday saying he was no longer going to perform in the Apple Market because of the "atmosphere".

Mr Morgan, 56, also known as Gemini Busker, has played with the Royal Philharmonic and BBC Philharmonic orchestras and is a former head of music at Surbiton High School.

Town centre rangers informed him of the complaints last Saturday and since then the small market area, known for its cafes and relaxed ambience, has been silent.

He said: "I feel pretty bad that people have stabbed their knives in my back.

"My issue is why can't they come and speak to me face to face? It is rather difficult for me in an atmosphere like that to think there's somebody who wants me either to stop playing there or turn it down."

Staff at health food store Holland and Barrett have started a petition to entice back Mr Morgan, a former leader of the National Youth Orchestra of Wales.

Chris Rimington said: "It would be sad to see him go. He has been a local figure in the community for as long as I can remember."

Tony Fleckney at the Glydon & Guess jewellers said: "He does really well. The only thing against him is it is a little loud and he does play things in the same order."

Outside in the market, shoppers were sad to hear the music would not be returning.

Helen Alvey, a 20-year-old English student, said: "I think he is really good. It was nice having some music here."

Music man: Phil Morgan's busking was "too loud" for many in the Apple Market

To see a video of Phil Morgan playing and to hear what shoppers say visit yourlocalguardian.co.uk

Boris backs re-zoning of stations

The Mayor of London has promised to take a financial hit if Kingston and Surbiton stations are rezoned, it emerged last week.

Speaking at the Mayor of London's Question Time, Boris Johnson said he had no formal powers to re-zone the stations from zone six to zone five, and urged commuters to put more pressure on South West Trains (SWT).

Both stations are only 12 miles from central London, much closer than the average distance for zone five stations.

Mr Johnson said: "There would be some loss of revenue to the Tube and buses if travel cards from Surbiton and Kingston were rezoned.

"However, in the event of a rezoning proposal coming forward from SWT for my approval, I shall be happy to give it my consent without seeking any compensation from either SWT or the Secretary of State."

In July, Kingston and Surbiton MP Edward Davey attacked Mr Johnson for "broken promises", after he failed to arrange a meeting to discuss the rezoning.

He said: "This is excellent news for us and we're delighted about this. It's a step for us and what we have been trying to achieve for a long time.

"The people who have some power on this are both Transport for London and SWT. He does have some real influence on this."

Today's tube and train delays at yourlocalguardian.co.uk/li

Lots in store for charities

Shoppers at Waitrose in Surbiton have been voting which local charities they want the supermarket to donate money to each month.

The Fircroft Trust, Kingston Hospital's cancer unit appeal and Barnfield RDA will get a share of the money depending on how many votes they get.

A total of £15,000 is available to give to different charities each month.

Book early to meet author

The final book club evening at Rubicon in Maple Road, Surbiton, is being held on Tuesday, September 30.

Former Bliss magazine editor and author Camilla Way will be discussing her book The Dead of Summer over drinks and canapes.

The monthly meetings have been running since April. Entry is £4.

Cash boost

Community groups in Surbiton are set to get a boost after £30,000 was set aside for new projects, with £5,000 specifically for young people.

Kingston Council wants to hear from groups with ideas on how to spend the cash.

Contact Christina Gardner, neighbourhood services manager, on 020 8547 5369.

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See next week's Surrey Comet and Wandsworth Borough news to see how you can enter the prize draw...
Wimbledon & Kingston Upon Thames

No MRSA at hospital

by DAVID LINDSELL
dlindsell@london.newsquest.co.uk

Kingston Hospital has been confirmed as one of the country's most hygienic hospitals, after scooping a unique double of accolades.

Figures published by the Health Protection Agency confirmed the hospital had no cases of the bug MRSA between April and June.

The hospital also won a Triple Green score for hygiene, following a recent spot-check by the Healthcare Commission.

Kingston Hospital is the only hospital trust in England to have achieved both no MRSA cases so far this year and a Triple Green score. Only 13 other trusts had no cases of MRSA reported over the same period.

The trust said the results confirmed the hospital was tackling infection effectively and providing a safe, clean environment for its patients and staff.

Alan Pearse, acting chief executive at Kingston Hospital, said: "Infection control is the top priority at the trust.

"But actions speak louder than words and our excellent results in reducing MRSA down to zero from April to June demonstrate this better than anything."

Helen Dirilen, director of nursing and quality, said: "We are proud to have one of the best records on hygiene and MRSA currently in the country and would like to thank all our staff for their outstanding efforts in helping bring down infection and for providing a clean, safe environment for all our patients.

"We have been working very hard over the past few years to reduce the number of Healthcare Acquired Infections. This is an excellent result for the trust and for our patients it is the best possible news."

Liberal Democrat MP for Kingston and Surbiton Edward Davey said: "It is a fantastic performance by Kingston. Not long ago they were in the bottom half of the hospital trusts in England. It must now be the most improved hospital in the country."

The zero cases of MRSA since January is a vast improvement of figures between 2001 and 2006, when there were between 40 and 50 a year.

For more information about your local hospitals
yourlocalguardian.co.uk/li

Rewarded for 20 years of patients

After two decades helping people in New Malden get to and from hospital, Geraldine El-Hamasy has been presented with a prize.

Ms El-Hamasy, who has worked as a patient transport co-ordinator in the town for more than two decades, received her award at a ceremony in Westminster on September 11.

The 56-year-old Wandsworth resident said : "It's very nice getting this award for 20 years' service. I've enjoyed the job, as I like meeting patients as part of my role.

"The service has changed completely since I joined, it's always advancing."

London Ambulance Service chief executive Peter Bradley, who presented the award, said: "Twenty years of service in any organisation is a long time, but in our service – the busiest ambulance service in the world – it is a special achievement.

Long service: Geraldine El-Hamasy with chief executive Peter Bradley and London Ambulance chairman Sigurd Reinton

"I respect all the staff who achieve this very important milestone and appreciate the behind-the-scenes support of all their families too."

For more information about local hospitals
yourlocalguardian.co.uk/events

Trader takes down his anti-vandal shutters

A shopkeeper who put up shutters to protect his post office from vandals has pulled them down in anticipation of council orders.

Ronald Bastiampilla, who presides over 168 Tudor Drive, was accused of breaching planning regulations by installing the shutters, because the shop is in a designated area of special character.

Kingston Council was due to meet on Wednesday to decide the fate of the shutters, but instead Mr Bastiampilla paid a workman to remove the shutters at a cost of £350.

Kingston Council said the shutters created "a hostile and unattractive frontage" and had considered giving him three months to rip them out. Mr Bastiampilla will appeal against the decision.

Want to contact your local councillor?
yourlocalguardian.co.uk/li

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SLB Awards are batting for business

by PAUL CAHALAN
pcahalan@london.newsquest.co.uk

Pointing to the best: South London Business chief executive Peter Pledger at the Brit Oval

Nominations for the RBS South London Business Awards 2009 are now open – and companies large and small have the chance to publicise their achievements, scoop a top award and get free expert feedback on their company.

The Brit Oval's roof terrace was chosen to host the award launch last Thursday and, declaring the awards open, South London Business (SLB) chief executive Peter Pledger said the competition provided an amazing – and free – business opportunity.

He said: "These awards are a chance to showcase your business to the whole of south London and beyond, and we want to point to the best and coax others to become the best.

"We want business to grow for the benefit of all of us."

Mr Pledger said the awards were just one way SLB was raising the profile of south London as an attractive business destination.

Urging companies to enter, he added the awards allowed firms to take advantage of SLB networking opportunities and expose their business to the "vast opportunities the south London area has to offer".

With a gross domestic product of £54.6bn, south London has an economy bigger than many capital cities – including Berlin, Lisbon, Stockholm and Delhi – and the entire country of Wales.

Mr Pledger said: "There are 112,000 businesses in the 11 boroughs south of the Thames with more than 1,000 employing 250 or more staff. There is a great resource there for everyone to use."

The awards grow in influence and stature every year, which is reflected by this year's awards attracting a title sponsor, RBS, for the first time.

The South London Guardian series and its sister titles in the News Shopper series are supporting the awards for the third year as media partners, as well as sponsoring the customer service award.

Howard Scott, managing director of Newsquest South London said: "Newsquest is delighted to be involved once again in sponsoring and supporting business awards in south London.

"The variety and strength of talent so evident across our region makes the awards stimulating and rewarding for everyone involved."

In total there are 11 categories to enter.

There are three best business categories (small, medium and large) and awards for customer service, sustainability, innovation, training and development, international trade and marketing.

Best new business and the entrepreneur of the year complete the list.

Companies can enter as many categories as they like, the only constraint being that the firm must be based in south London.

The deadline for entries is February 29, after which a shortlist of finalists will be published.

A judging panel will then go to each business individually, sometimes undercover, before they choose the winners.

The winners will be announced at a black-tie event for 650 people, which will be held at Crystal Palace Football Club on May 20 next year.

For more information about the awards and how to enter go to **slbawards.co.uk**

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THE RIVER CLUB

New cafe launches

Retailer John Lewis has launched a new in-store restaurant, with five different food counters and stunning views of the Thames.

After months of hard work and a £2.5m investment, The Place to Eat was opened on Friday, September 19, by Archana Sood and Olga Champ, Macmillan Nurses from Kingston Hospital's Sir William Rous cancer unit.

Ms Sood said: "It's absolutely beautiful. It's so nice to be able to come away from your shopping and be able to relax here. It must be the best view in town."

Tuck in: Lene Wood, community liaison co-ordinator, Archana Sood, Macmillan information and support manager, and Olga Champ, Macmillian nurse specialist Deadlinepix KT22512

'Victory for common sense'

Plans for a "Super NHS organisation" covering south-west London have been shelved.

The proposals would have seen yet another expensive re-organisation and re-branding of the NHS in London, plus the abolition of Kingston Primary Care Trust and four others.

But last week, chief executive David Smith said there would instead be greater co-operation between trusts to save cash.

He told fellow health professionals and councillors at a health overview council meeting: "Across London there are some functions we don't need to do 31 times."

Michael Walker, regional officer for Unison, said: "We believe this decision is a victory for common sense. If anything, we need to concentrate on continuing to provide and develop quality health services."

For more information about your local hospitals go to yourlocalguardian.co.uk/li

Try your hand at something new

Free taster sessions for the over-45s in activities, including swimming, table tennis and dancing, will take place during October and November.

The Active Living project is targeting men after discovering that of the 1,100 people in the scheme, only 20 per cent were male.

For more information call 020 8942 8256 or visit **kingston.gov.uk/active_living**

Don't be a victim of 'key fishing' thieves

by MIKE DIDYMUS
mdidymus@london.newsquest.co.uk

Kingston residents are being warned to protect their homes from "key fishing" attacks, after a thief stuck at a home in New Malden on September 10.

The latest in a string of similar thefts was reported to police by the stunned occupants of a Malden Hill home, after they woke to discover their Lexus 4x4 had been stolen from the driveway.

Police believe the thief used a tool to retrieve the car keys, which were on a shelf near the doorway in full view of the letterbox, before letting himself into the vehicle and driving it away.

The crime is the sixth "fishing" attack reported in the borough in as many months, and has caused police to remind residents not to leave keys in plain sight of their letterboxes.

Kingston Chief Inspector Cliff Law said: "There appears to be a growing concern of this type of method used by thieves who, with little effort on their behalf, obtain house or car keys left within reach of a letterbox or open window and are then free to make off with high value property.

"Residents need to be wise to their techniques and avoid becoming a victim themselves. We are asking residents to keep their keys away from letterboxes or windows, to keep them out of sight and out of reach."

Get the latest crime statistics for your area at yourlocalguardian.co.uk/li

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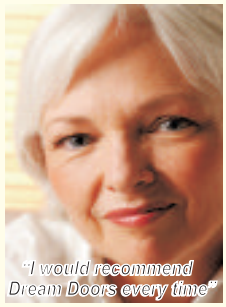

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Driving phone ban is not enforced enough

by DAVID LINDSELL
dlindsell@london.newsquest.co.uk

Drivers are still flouting the rules on making mobile phone calls on the roads of Kingston, putting their lives and the lives of others at risk.

Last year, Kingston police caught 1,544 people chatting on their phones, or sending texts behind the wheel and only four of the other 32 London boroughs had a worse record.

The figures were released by London Mayor Boris Johnson, who was photographed making calls on a bike and in a car on separate occasions last year, after a question from Green Party assembly member Jenny Jones.

She said: "Driving while using a mobile phone can be more dangerous than drink-driving and is completely reckless behaviour.

"It is shocking that in the past two years some boroughs have hardly made any improvement in enforcing the mobile phone ban.

"Some boroughs are clearly taking this issue more seriously than others but the police must enforce this consistently across the capital."

Either more people are sticking to the rules, or police are cracking down on the offence, as the numbers are down from 1,717 in 2006/07, including those using a mobile phone while supervising a learner driver.

According to the Royal Society for Prevention of Accidents, people using mobile phones while driving are four times more likely to crash, injuring or killing themselves or other people.

The worst offenders in London were found in Westminster, where more than 5,000 people have broken the law.

By contrast, Redbridge in north-east London only caught 150 drivers on their phones.

Check the number of crimes in your area go to yourlocalguardian.co.uk/li

Hair do: Nadine Francis receiving her prize at the Goldwell-sponsored awards

Colourist wins national award

A Kingston hairdresser has scooped a top award for her colouring skills.

Nadine Francis, a colourist at Hair Associates in Bentalls, triumphed in the Trend Zoom Colour Challenge 2008.

Nadine impressed judges with her rockmantic-themed look and will now represent the UK at the international finals in Valencia in October.

Get the top local stories every day at yourlocalguardian.co.uk/news/topstories

Incomplete reports hold up sentence

A 31-year-old Croydon man could not be sentenced for attacking his own father, after a court was told last week the probation service had failed to complete a report on him.

Stephen Emmaneul, of Bateman Court, has already admitted a charge of actual bodily harm on his father Anastase Emmanuel, which took place in Lord Chancellor Walk, Kingston, on September 8.

He was due to be sentenced at Kingston Magistrates' Court on September 19, but magistrates were forced to adjourn the case until October 2 for reports to be written.

Emmaneul was remanded in custody until then.

Get the latest crime statistics for your area at yourlocalguardian.co.uk/li

Trust asks for time to decide future

The timetable has slipped for a mental health trust which serves Kingston to seek greater independence from the NHS.

South West London and St George's Mental Health Trust said it needed more time to consider the impact changing to a foundation trust would have on its 100 properties.

So far, Sir Trevor McDonald, Andrew Marr and Jo Brand are among the names to back the trust's bid for foundation status.

But the formal application to the Department of Health will now be made in early 2009, with the hope of semi-independence from the NHS in the summer.

Describing the benefits of foundation status, chief executive Peter Houghton said: "If we generate a surplus now, it goes back to the Strategic Health Authority but in future we could keep it."

The trust would also be more accountable to local communities, with four councillors and a nominated person from Kingston on a 21-strong committee with the power to hire and fire the chief executive and chairman.

The consultation period ends on October 10.

The trust will hold its annual public meeting on Thursday, September 25, at 5.30pm at Springfield University Hospital, 61 Glenburnie Road, London.

For more information about your local hospitals go to yourlocalguardian.co.uk/li

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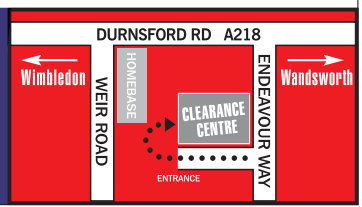

Are these our future Olympic champions?

by LOUISE ROBERTSON and ALITA HOWE
ahowe@london.newsquest.co.uk

As the frenzy of Beijing begins to settle, scores of sports people up and down the country are stepping up their game as the focus shifts to London 2012.

This new breed of athletes hopes to top the success of team GB 2008, who achieved an impressive fourth place this summer, and their Paralympic counterparts who fared even better in second place.

Sharing the highs and lows of being the top of your sport, some of our 2012 hopefuls revealed their journey so far and hopes for the future.

Keep up to date with their progress at yourlocalguardian.co.uk/sport/olympics news

On target: Richard White

Richard White, a 16-year-old from Surbiton, is a keen archer who has trained under his coach and great-uncle, Ted Bradford, at Chessington Bowmen from the age of 10.

Last year he won the National Outdoor Competition for his age group, Southern Regional Championships and the County Junior Championships, filling his cabinet at home with trophies and medals.

At his club championship he beat all the men, but now he is aiming for Olympic success.

"I just feel in control when it goes well. You do feel bad when you don't do so well," said Richard, who has travelled up and down the county with his sport.

Shooting with a 68in re-curved bow, worth about £1,000, he used most of the summer to practise, training four or five days a week.

As the Olympics near, he will need to begin endurance exercises but must keep his arm muscles down so they don't affect his shooting.

If he qualifies, he will be competing in re-curve Olympic archery at 70 metres, but will need sponsorship to fund a new bow and extra training.

Jack Binstead, from Chessington, is only 12 but is a boy with big dreams of crossing an Olympic finish line.

He is working towards London 2012 Paralympic qualification, battling difficulties caused by his brittle bone disease. "I train three times a week and go to the gym," said Jack. "I'm just about to start at Chessington Community College and they have a gym and really good sports facilities so it shouldn't be hard to fit training around school work.

"To be part of the Olympics is my dream. The standard I'm pushing is good. If I keep my standard until 2012, I'll compete and do my best. If not, I'll keep training till 2016.

"I've broken 49 bones so far and I never know when it's going to happen again. I don't want to definitely say I'll be at 2012 but to get there would be amazing."

Eye on 2012: Jack Binstead

Rower: Fiona Schlesinger

Fiona Schlesinger, 17, has been rowing since the age of 13 at the Lady Eleanor Holles School (LEH) in Hampton.

She has an impressive coaching force behind her in Gillian Lindsay – an Olympic gold medal rower from Sydney in 2000.

Fiona said: "Having her professionalism behind me inspires me to keep pushing my boundaries."

Gillian put Fiona forward for the GB trials two years ago where she impressed in the pairs and single sculls events.

Also confident as a team player, Fiona is a member of the LEH first eights squad but it has taken hours of training to get to this stage.

She said: "I train seven days a week with six two-hour sessions on land and then a four hour session in the water.

"Reaching London 2012 would be amazing. Being a British sportswoman is such an achievement. A huge sense of pride is felt when you wear any piece of GB kit."

She has also benefited from Sports Aid funding and is part of the Asda sporting chance programme.

Fiona has already competed at the junior world championships in Beijing in 2007 and represented Great Britain at the Coupe de la Jeunesse in Ireland this year, so a medal in 2012 is very much on the cards.

He may only be 14, but New Malden boy Edmund has been an award-winning gymnast for seven years.

The Tiffin Boys' School pupil trains six days a week at Tolworth Gymnastics Club in Fullers Way North, and started the sport after attending a summer course at the club.

"The coaches picked me out and so I went for trials and then joined the club," he said. "Although the training can be tough, I really enjoy it."

The 20 hours-a-week training schedule includes conditioning and practise on all six gymnastics events, pommel horse, floor, parallel bars, vault, rings and high bar.

Edmund's specialist event is the pommel horse and he has his sights firmly set on matching the achievements of Louis Smith, who won a bronze medal in Beijing.

Gym: Edmund

Racer: Jonathan Smith

Wheelchair racer Jonathan Smith, 16, first started wheelchair racing three years ago, after spotting an advert in the Surrey Comet.

He said: "I tried it out and I liked it so the rest is history," he said.

Jonathan has a gruelling training schedule which takes in six sessions a week in his chair and then another gym session. He trains at the Kingsmeadow Centre, Kingston, and in Richmond Park during weekends. He has been supported by Sports Aid and Mears, Kingston Council's contract managers, through its Future Champions programme.

He said: "I'm just hoping all my training pays off for London 2012 – I am definitely going for glory!"

Food bursts into flame

A hungry New Malden household had a shock on Sunday when their dinner went up in flames.

Firefighters were called to the terraced house in Lincoln Road at 6.56pm, after a fire broke out in the kitchen.

Neil Sinclair, station manager at New Malden fire station, said the owners had forgotten to take the food out of its container before putting it in the oven.

Two fire engines were sent to the scene and there was severe smoke damage to the kitchen.

Mr Sinclair said: "The house did have a working smoke alarm, which quickly alerted the owners of the house to the fire and prevented further damage or injury."

For a free home fire safety check, call 0800 284 428 or send an email to smokealarms@londonfire.gov.uk.

Elderly ambulance issues

An elderly woman whose ambulance trips to important appointments at Kingston Hospital were cancelled twice in a fortnight has hit out at health bosses.

Eileen Price, 91, was due to meet a specialist on September 5 ahead of an operation.

When the ambulance she booked to take her to the appointment failed to turn up, she had to ask a neighbour to drive her in and was late to her appointment.

Just 10 days later, another ambulance, which was due to take her to a routine rheumatology injection, did not arrive and she ended up missing her appointment.

She said: "What's happening to Kingston Hospital? Is it the management again?"

A hospital spokeswoman apologised to Mrs Price for any inconvenience caused and urged her to call the patient liaison service to resolve any issues.

Ready for 2012: Lucy Shuker and Jonathan Smith

Deadlinepix CG0406

Countdown to 2012 begins

by ALITA HOWE

ahowe@london.newsquest.co.uk

Kingston's sporting stars of the future helped mark the handover of the Paralympic torch last week and began the countdown to London 2012.

As the games came to a close in Beijing, wheelchair racer Jonathan Smith, 16, of Kingston, was joined by local dignitaries and young athletes at a simultaneous handover held at Fulham Football Club's Motspur Park training ground.

The day also launched the Kingston Community Sport and Physical Activity Network (CSpan), which has just been awarded £357,000 by Sport England and the Premier League Professional Football Association, to develop sporting opportunities for disabled athletes, girls and women across the borough.

The successful bid was a joint effort between Kingston Council, Fulham Football Club's Community Sports Trust and Kingston Volunteer Centre.

Hilary Garner, chairman of CSpan, said he hoped the project would give people who wouldn't usually participate, the chance to play sport.

"This is not just a flash in the pan," he said.

"This is money for Kingston and will provide a wide portal of sporting opportunities for the residents."

One of the projects supported by CSpan is the Mind Exercise Nutrition Do It programme for overweight children, run by Kingston Primary Care Trust.

Mr Smith, who is training for the 2012 Paralympics, said: "It's an honour to be here and to be asked to carry the torch. I'm hoping all my training will pay off for London."

❑ **Are these our future Olympic champions? See page 15**

Countdown to London 2012. All the Olympics news at yourlocalguardian.co.uk/sport/olympicsnews

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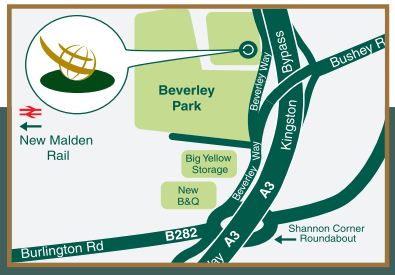

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Drug support charity celebrates 40 years of caring for individuals. ALITA HOWE reports

Taking a look through a special Kaleidoscope

Kaleidoscope staff: Niamh Donnelly and Ann Cleary Deadlinepix KT22973

From its humble origins in a 1960s church hall, catering for the clubbers of Kingston with nowhere to go after a night out, Kaleidoscope has become an internationally respected charity providing support for some of society's most vulnerable and marginalised people.

Kaleidoscope was started by the Reverend Eric Blakebrough in 1968, as part of the John Bunyan Baptist Church. Through many years of love and care by dedicated staff and volunteers, it has developed into a state-of-the-art facility in the heart of Kingston, encompassing drug therapy, hostel facilities and opportunities for people to get back into mainstream society.

Rev Blakebrough was then the new young, charismatic minister at the church. He persuaded his congregation to open up a space where groups from hippies to Hells Angels could come together after the clubs closed.

He said: "I was the new minister back in the 60s and the church had an illustrious past in Kingston as a community facility but it had become more or less a traffic island on the Kingston one-way system.

"We wanted it to have a purpose and we wanted to mobilise the church members to serve our own local community. Many young people in Kingston were looking towards the dawn of a new age. The austerity of the 50s had given way to the prosperity of the 60s and there were plenty of goods in the shops and jobs to be had. There was an air of optimism."

However, Rev Blakebrough remembers an undercurrent of drinking and drug use that sparked Kaleidoscope into action.

"It was partly thanks to the Surrey Comet that Kaleidoscope was formed," he said. "There was a front page article about town centre drinking and drug culture and we thought it was sensationalising the issue, but it was true and needed addressing.

"Once we realised there actually were young people who were in a state of alienation from mainstream culture, Kaleidoscope was born."

The ethos of Kaleidoscope is to create a sense of community and help service users contribute to society. Even in its early days, Rev Blakebrough said he wanted to create a sense of refuge.

The club burned down in 1975, but it was rebuilt and remained a place for its members to meet. Many were homeless and drug dependent and medical services were soon offered as well.

Beatle George Harrison famously donated £20,000 to the charity and a new chapel, club, treatment facilities and a hostel were opened in 1977.

When the 1980s arrived and media attention of HIV and Aids grew, the centre began a pioneering approach to give all its injecting drug users sterile needles and syringes. The centre recognised there was no "quick fix" to drug addiction and that detox and rehab would not work until people were ready to make a commitment.

Current chief executive of Kaleidoscope is Reverend Martin Blakebrough, who was five when his father set up the charity. He said: "It is amazing to reflect on these years and see Kaleidoscope develop over four decades.

"One thing that has come to characterise Kaleidoscope is that we will speak our mind. We have embraced a lot of changes the Government has brought but continued to challenge some of those changes. We always try to work for the best interests of the service users."

Kaleidoscope has become more than just a Kingston phenomena and in 1990 successfully started a methadone service in Nepal called Under the Tree.

In 1998 it also took over the Alfriston day service in Surbiton, after a campaign to save it from closure.

The current incarnation of Kaleidoscope in Kingston is the K2 centre in Cromwell Road, which was opened in 2004 by Michael Buerk. The centre offers education sessions, art and music workshops and a chance for service users to meet and talk in safety.

At a special reception at the House of Lords on September 16, 40 years of Kaleidoscope was celebrated in all its glory. The party was enjoyed by a host of former staff as well as political admirers and partnership workers.

There were inspirational speeches from the Blakebroughs and comedian Mark Thomas, who filmed Kaleidoscope users at the Millennium Dome for a Channel 4 programme he was making.

He said: "I had a friend who had been on heroin for 13 years. He was completely isolated and just a simple thing like finally getting a bank account was a major deal for him.

"It is sometimes these basic simple problems where users have been excluded.

"The brilliant thing about Kaleidoscope is that it operates on the outside, but works to bring people into the mainstream. The work they do is incredibly valuable."

Looking back on the journey, Rev Blakebrough said: "From our experience over the past 40 years, there are three gifts which we can bring for the future of the project.

"The first gift is of compassion to truly understand people who are on the margins of society. The second gift is of innovation to enable us to overcome all problems and the third gift is that of commitment to people who come to us for support.

"Above all I believe that projects in the voluntary sector must be communities of faith, hope and love – this is the only way you can heal people whose souls have been crushed."

Case studies

❑ **Alan, 59, Surbiton**

Alan has been a user of Kaleidoscope since it started in the 1960s. He started using drugs when he was 13 and was a heroin user for 38 years.

He said: "I remember the 'scope when it was a tin shed with beanbags on the floor. I've been through it all. I've slept rough, been to prison twice and had a heart attack.

"I used to be an armed robber and smuggle opium and dope from Tangiers and Morocco, but Kaleidoscope has saved me. It is a family. They care for more than just the drug addict, they care for the individual.

"The 'scope has been an opening for people caught in a trap."

Saved: Alan, from Surbiton

❑ **Debbie, 42, Kingston**

Debbie started using heroin six years ago after the breakdown of an abusive relationship.

She said: "I was on the verge of losing my home and my son. Things were spiralling out of control and I'd started drinking.

"It's not just about the methadone here – it's about the support and counselling they give you – they made phone calls for me and came to meetings to help stop my eviction and sort out my rent arrears.

"I've completed a computer course here and I'm going to start A-level maths so I can go to university."

❑ **Bov, 46, Kingston**

Bov has been coming to Kaleidoscope for 20 years after he first started smoking cannabis aged 10.

"People think drugs are a recreational thing and people on heroin are always high and having a whale of a time.

"People need to recognise addiction is an illness and when you wake up shaking and being sick, you'll do anything to try to get £10 together to get some heroin just to survive and feel normal again.

"People shout and hurl abuse at us in Kingston and think that drug addicts have invaded the town. People here don't want to see what's beneath the surface.

"There used to be a pocket of us but now there is a whole pair of trousers. There's nowhere in Kingston except Kaleidoscope. It is a lifeline."

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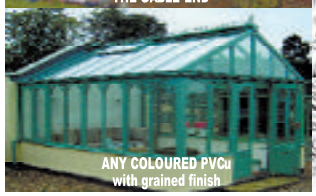

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Making a song and dance about the Rose

John Altman is better known for his longstanding role as Nick Cotton in EastEnders, but he is also a pivotal figure at the Rose Theatre and has just announced a gala night of entertainment, featuring an all-star cast of former colleagues including Barbara Windsor and June Brown to raise funds for the Kingston playhouse. He spoke to ALITA HOWE

Resident: John Altman wants to do all he can to promote the Rose Theatre

How did you get involved with the theatre?

I've lived in the area since the hurricane of 1987 and seen the whole area develop.

The site used to be a cinema when I arrived, but I wished there could be a theatre here because there is a definite market for it.

How did the idea for the gala evening come about?

I knew Robin Hutchinson long before the theatre was built; when it was just a pipe dream, so I've been helping to raise funds for a long time.

About six months ago I met with Stephen Unwin and just offered my services really.

I knew they still needed funding, so I offered to help in any way I could.

How did you manage to persuade so many big names to come on board?

I've got quite a few names in my book that I've kept in touch with over the years, especially June (Brown), Steve (McFadden) and Barbara (Windsor) so it's just like asking a friend for a favour!

What can people expect from the evening?

A bit of everything really. Barbara Windsor and June Brown will be the hostesses for the evening. We will have Natalie Cassidy (Sonia Jackson) performing a monologue, Gemma Bissix (Clare Bates) singing and Steve McFadden (Phil Mitchell) doing some improvisation.

And it is not just the cast of EastEnders that will be performing is it?

No, we've got Jeff Stewart from The Bill coming down, he's a local lad, and my friend Stefan Booth who has been in Hollyoaks and Dancing on Ice.

I worked with Amra Faye-Wright in the musical Chicago and she is a star, an absolute tour de force, so she will be coming down, as well as a friend of mine, Dave Lee, who is a stand up comic.

What will you be doing?

I'll be singing a George Thorogood song, Bad to the Bone.

And then what will be next for you?

I'll be doing panto this Christmas in Reading where I'll be playing King Rat in Dick Whittington, from December 6.

❑ **John Altman's Gala Night of East End Stars is at the Rose Theatre on October 5.**

Tickets are £50 and £60 and can be purchased from rosetheatrekingston.org, by calling 0871 2301552, or visiting the box office at High Street, Kingston.

For all the latest theatre previews and reviews go to yourlocalguardian.co.uk/leisure/

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A whiz with fizzy pop

by LOUISE ROBERTSON
lrobertson@london.newsquest.co.uk

An 18-year-old student from Chessington got a shock this summer, when he reached the finals of a songwriting contest with lyrics inspired by a fizzy drink advert.

Graham Spearpoint entered the UK Songwriting Contest with three songs: Out There, Falling Through the Floorboards and Finding You.

He wrote Falling Through the Floorboards after watching a Pepsi advert starring pop group the Black Eyed Peas, and his success has inspired him to continue writing.

"I wanted to see if I was any good or not and wanted some feedback so I could improve," he said.

"I heard about it on the internet and thought I might as well enter. When I found out how far I got I was really pleased."

Graham, a student at Southborough High School in Hook, now wants to continue his writing but does not know if it will become his future career.

Guitar man: Graham Spearpoint Deadlinepix KT22960

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Green Guardian

Your local Green Reporter

If you have any green news stories, get in touch with **Alita Howe** on **020 8330 9548** email **ahowe@london.newsquest.co.uk**

Top Tip

❑ **Storing fruit with care can make it last longer and reduce waste. For example, bananas emit ethylene, which encourages fruit to ripen quicker. Store them separately if you don't want your plums to go mushy, but put them next to an unripe avocado if you plan to make guacamole soon.**

❑ **Have you got any green top tips? (50 words max please) Post them at greenguardian.co.uk, by clicking on Get Involved and then Top Tips.**

The way to zip around town

zipcar

The Green Guardian has joined Zipcar to offer five lucky winners a year's membership and 24 hours of driving credit totalling £100.

Zipcar, the world's largest and fastest growing car sharing club, is bringing people from all over London a cool, green, cost-effective alternative to traditional car travel.

With 225,000 members and 5,500 vehicles in London and North America, it's an ideal way to zip around town to interviews or meetings, drop off or collect family and friends, transport shopping and home goods and get out into the countryside or the coast for a relaxing weekend.

Members can book self-service cars on demand online or via mobile devices in less time than it takes to take cash out of an ATM.

Stylish Zipcars available to book by the hour include Mini Coopers, Honda Jazz, Toyota Verso, Toyota Yaris, Audi A3, environmentally sustainable Honda Civic Hybrids and Toyota Prius, plus Passats and BMWs series 1 and 3.

❑ To learn more, and to enter the competition, go to greenguardian.co.uk and click on Offers

Q & A

Each week we will ask a question on a green-related subject. This week:

This week's question: How many kilograms of compostable waste is thrown away by an average person over the course of a year?

Last week's answer: 58 per cent of car trips are under five miles and 25 per cent are less than two miles.

Check the Green Guardian page next week to see if you got this week's right

Car Free Day teaches to play it safe on roads

Safety first: Thomas Corbett, teacher Carol Webb, Jessica Reeve and Georgina Pike learning road saftey

by ALITA HOWE
ahowe@london.newsquest.co.uk

A Surbiton street was transformed into a traffic-free haven on Monday, September 22, as part of International Car Free Day.

A section of Langley Road was closed to cars as Kingston Council's road safety and travel awareness team joined forces with St Matthew's Church of England Primary School for the Give Your Car the Day Off celebration.

Pupils from the school were entertained with street theatre, staff gave up their cars and made their way to work on public transport and there were outdoor lessons on road safety.

Children also helped to make a living willow sculpture of a walking person, which will be planted outside the school and a pledge tree, where pupils could let everyone know how they plan to get to school in the future.

Officers from the council had to apply for a special road traffic order to close part of the street.

Leslie Hunt, of the road safety and travel awareness team, said: "We wanted to show people that spaces normally taken over by cars can be reclaimed and enjoyed by the community.

"It's not an anti-car day, it's just about showing people there are other options and how nice the community can look without traffic."

St Matthew's already organises a host of activities to educate children about the impact of cars on the environment and works closely with the council, which provide s road safety talks and roadshows.

Headteacher Pam Dryden said the school held cycling proficiency lessons twice a year and all children were encouraged to walk to school once a week.

"We encourage our junior road safety officers to discuss issues regarding travel to school in assemblies and they also teach a module to the younger children," she said.

"We want to send a positive message about road safety to the community and teach our pupils more about sustainable travel options."

The Big Picture

❑ **Republican vice-presidential candidate Sarah Palin was singled out by the Centre for Biological Diversity (CBD) this week as America's environmental enemy of the year. The centre awarded Palin its Rubber Dodo award for her insistence – despite evidence to the contrary – that the polar bear population was rising across the Arctic.**
Kieran Suckling, CBD's director, said: "Governor Palin's position is so extreme, she makes Dick Cheney look like an Al Gore devotee."

ECOnews

TRANSITION MEETINGS: Transition Town Kingston has announced a monthly drinks meeting for anyone interested local environmentalists.

It meets in the Canbury Arms, Canbury Park Road, on the first Monday of each month at 8pm and the next meeting is October 6.

For more information on TTK, visit **groups.yahoo.com/group/TTKingston**

RIVER CLEAN-UP: The Hogsmill Action Group will hold a river clean-up between Watersplash Close and Villiers Road this Saturday.

Meet at Kingston University's Knights Park Campus, Grange Road, at 10am. Visit **kingston.gov.uk/ask** for information.

GREEN ROOFS: The Environment Agency has launched a toolkit to help London's rooftops go green.

Green Roofs can help build a sustainable London by reducing flood risk through storing rainwater, insulating buildings naturally and encouraging biodiversity.

The Living Roofs toolkit is available by visiting **environment-agency.gov.uk/greenroofs**

List your green event for free on the Calendar at www.greenguardian.co.uk

Remember your entry forms

The announcement of this year's Green Guardian winners moves a step closer this week as the nominations have now closed.

In the next few weeks, judges will assess all entries sent to us before the Kingston Green Guardian Awards 2008 take place on October 13 at the Rose Theatre.

The awards will form part of night called A Celebration of Green Kingston, which will include the Kingston in Bloom awards and the Sustainable Transport awards take.

The winners from Kingston's Green Guardian Awards will then go forward to the south-west London regional final on November 21.

The gala evening will be held at the prestigious Queen's Stand at Epsom Racecourse.

Anyone who has been nominated for an award but has not yet returned their entry form should do so by Monday, September 29, to Hannah Weston at hweston@london.newsquest.co. uk.

MP outraged at Government delays to air quality directive

Richmond Park MP Susan Kramer is outraged by a Government decision to seek an extension to a planned EU air quality directive.

The directive is due to come into force in 2010 and is aimed at reducing nitrogen dioxide limits.

But, after Mrs Kramer tabled a question in Parliament concerning the possibility that emissions from an expanded Heathrow would breach the agreed limits, the Government confirmed it plans to delay the implementation of the targets until 2015.

She said: "That the Government will now seek to delay meeting these targets for a further five years, frankly, calls the whole Heathrow consultation process into question."

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OPEN EVENING

WEDNESDAY 1 OCTOBER 6.00pm - 8.30pm
(Last tour begins at 7.30pm)

The Headteacher will talk at 6.15pm and 7.00pm

Tolworth Girls'

Tolworth Girls' School, pictured left, is an outstanding school where staff encourage every student to flourish.

An excellent pastoral care system exists, in which each student is assigned a tutor and head of year.

Every student is important and the school endeavours to get to know their individual needs and personalities during their time at Tolworth.

We have high aspirational academic targets and encourage every individual to achieve to the best of their abilities. An exciting and diverse curriculum is provided, with extra curricular activities included.

Its students are happy and enjoy school. All of its staff are friendly, caring and dedicated professionals.

The excellent partnership that exists between the school and the parents contributes towards the success of each student.

The school needs your support and participation in all areas of school life if it is to continue with its outstanding achievements.

Staff look forward to meeting you soon.

The Lady Eleanor Holles

The Lady Eleanor Holles School, pictured above, provides girls with exceptional opportunities that allow them to develop their individual characters and talents.

The school, set within extensive playing fields and gardens and blessed with outstanding facilities, provides an environment that is both inspirational and supportive.

Many students find that their sixth form experience is the highlight of their career.

With its ethos of inclusion and of nurturing the individual, staff believe that the experiences they offer both inside and outside the classroom make for the very best sixth form education possible.

A recent ISI Report stated: "Relationships between teachers and pupils are excellent, successfully promoting a love of learning and the growth of intellectual independence."

For further details of the Sixth Form Open Day on Friday, October 3, at 9.30am, please contact the registrar (telephone 020 8979 1601, email registrar@lehs.org.uk) or visit lehs.org.uk

Wimbledon High

Heather Hanbury, the new headmistress at Wimbledon High School, recommends asking the following questions when visiting a school:

- How will you help my daughter realise her academic potential?
- How will she be encouraged in music, art and drama?
- How much time in the week is committed to sports?
- Will she be able to pursue other non-academic interests?
- How will you nurture and support my child as she grows into a teenager?
- How will my daughter learn about managing risk?
- What is your stance on discipline?

She also offers this advice:

- Observe and speak with students as well as teachers – are they the sort of girls you would like your daughter to have as friends? Are they friendly, well-mannered and do they take pride in their school?

Come and find out the answers to these questions and many more at Wimbledon High School during its open days.

Staff are confident you will like what you see.

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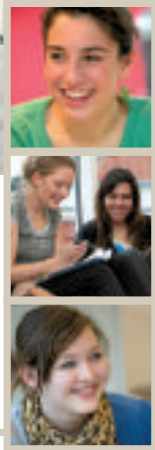

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Sixth Form Open Evening	Tuesday 30 September 6.30pm - 8.30pm
Junior School Open Morning	Tuesday 7 October 9.00am - 12.00pm Head's talk 9.00, 10.00, 11.00
Senior School Open Morning	Saturday 11 October 9.30am - 12.30pm Head's talk 9.45, 10.30, 11.15, 12.00

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Esher C of E

At Esher C of E High School in 2008 we have achieved our best ever GCSE examination results. The growing success of the school is reflected in that we were oversubscribed for the fifth consecutive year.

In January 2007, Esher C of E High School was proud to open its new state of the art £1.2 million Performing Arts Centre. Since this time the school has undergone a substantial refurbishment programme, including newly refurbished food technology and textiles classrooms and the construction of a purpose built block for the new 14-19 Engineering Diploma.

"We are proud of our achievement and our reputation. We are here to provide the very best experiences for all our students." Simon Morris, Headteacher. Ofsted describes our school as 'providing its students with a good education.'

Esher C of E High School has the capacity to become an outstanding school.

Raynes Park

Raynes Park is an ambitious school with a proud tradition and an exciting future.

It is committed to encouraging and developing all its students' talents so that they achieve to the very best of their ability.

Its students are inspired in their learning by its excellent teaching, supported by its outstanding facilities.

Raynes Park's expectations are high and, this year, we are celebrating our best ever GCSE results with 60 per cent of students achieving 5+ passes at grades A* - C.

All areas of the school's curriculum benefit from its specialist technology status, but it also has an imaginative range of creative arts opportunities, recently achieving an Artsmark Gold Award.

The school offers a caring and supportive environment within which students can contribute actively to the school community and develop their social, moral and leadership skills.

Its success is made possible through the partnership that exists between students, staff, parents, governors and the local community.

Coombe Boys'

Since confirmation of Specialist Schools status for maths and computing in January, Coombe Boys' School has improved facilities for the teaching of ICT and mathematics.

Several rooms have been totally refurbished and other brand new rooms created providing first class learning facilities for both the specialist subjects and other curricular areas.

These new facilities are helping to create a distinct ethos within the school.

Standards of teaching and learning across the whole curriculum will be enhanced by providing more varied learning experiences.

These new facilities will allow the school to share its expertise and teaching resources with others including its feeder schools and the wider community.

It will become recognised as a centre of excellence for mathematics and ICT.

Since the federation with Coombe Girls' School, the intake has trebled in numbers, and exam results are on a continuous rise.

Southborough

Southborough High School offers students a warm and welcoming environment within which each is supported to achieve success.

It is a school that is proud of its boys' academic achievements and, this year, it has celebrated its best ever GCSE results.

However, it is also committed to developing the full range of its boys' skills and abilities; academic, creative, enterprise and sporting, knowing that this is the best preparation it can give them for adult life.

Southborough believes that all its boys can achieve, and that it is the staff's responsibility to create an environment within which each is known, valued for the individual qualities he brings and supported to achieve his very best.

Staff want boys to enjoy their school, but they also want them to understand that they have high expectations of them, their standards of behaviour and their commitment to the community.

To truly gain a sense of this vibrant school, you are warmly invited to come and see the school in action at one of its open events. If you are unable to manage any of these, please contact the school office to make an appointment.

RAYNES PARK
HIGH SCHOOL

Raynes Park High School is a successful specialist mixed comprehensive school, with a tradition of academic excellence and an active House system, which supports the social, cultural and sporting life of the school.

We have excellent modern facilities with up-to-date ICT resources to enhance teaching and learning across the whole school. We also offer a broad range of extra curricular activities, which further enhance and enrich our curriculum.

We celebrate our best ever GCSE results with 60% of our students gaining 5 or more passes at grades A* - C.

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Come along and find out more

Open Evening
Parents and children are warmly invited to visit the school on
Thursday 2nd October 2008
6.00pm – 9.00pm
Headteacher presentations at 6.15pm and 7.15pm

Open Mornings
Come and see the school in action during the teaching day
Monday 6th to Thursday 9th October 2008
9.30am – 12.00noon

For appointments outside the above times please telephone the school office and a visit will be arranged at your convenience.

Parking on site is limited however you have permission to use Tesco's car park next door to the school.

Coombe Boys' School welcomes Year 6 pupils and their parents to its

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and to the

Open Day

Thursday 2nd October 09:30 - 12:00

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OPEN EVENING
Thursday 2 October
6.00 - 9.00pm
Headteachers talk at 6.30 and 8.00pm

OPEN MORNINGS
Monday 6 October
Tuesday 7 October
9.30am - 12.00noon

Please contact the school for an appointment if you are unable to see us on any of these occasions

Please telephone the school office for a prospectus or visit our website

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Our school has an exciting future ahead of it with student achievement rising year on year at GCSE and A level and investment in new facilities and resources that will continue to inspire, motivate and challenge our students to do the very best they can.

The best way to learn about our vibrant school, and what we can offer your son, is to come and visit us.

OPEN EVENING
Tuesday 30 September 2008
6.30 - 9.30pm

OPEN DAYS
2nd, 3rd, 6th and 7th October 2008

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TIFFIN SCHOOL BOYS' GRAMMAR AND PERFORMING ARTS COLLEGE
Queen Elizabeth Road,
Kingston upon Thames KT2 6RL.
Tel: 020 8546 4638

OPEN EVENING
Thursday, 9 October 5.00pm – 8.00pm
SIXTH FORM and YEAR 7
September 2009 entry
For entry into the Sixth Form:
The Head of Sixth Form will speak at 6.00 pm and 7.00 pm and meet potential sixth formers and their parents. Approximately 25% of our sixth form students are new to the School, and Tiffin welcomes applicants for Sixth Form places from boys who will achieve good GCSEs.
Forms are available from the Admissions Office or the website.
www.tiffin.kingston.sch.uk

Tiffin School

Tiffin School, pictured left and below, offers a wide range of challenging learning opportunities for able boys.

As well as achieving outstanding examination results, the school is committed to developing the community through leadership, responsibility and participation.

With the opening of the new Dempsey Building and Judge Lecture Theatre, the school is leading innovative approaches in independent learning.

Sport is very strong at Tiffin and its Performing Arts College status also emphasises the importance of art, dance, drama and music.

As well as entry to Year 7, Tiffin welcomes applicants wishing to join the large and successful sixth form, where approximately 25 per cent of the students are new to the school.

A spokesman for Tiffin, said: "This is a vibrant and stimulating school where boys succeed in a wide range of activities, and we are keen to recruit boys who are interested and interesting."

Kingston University

When credit is tight, training is often one of the first things to go.

So it's comforting to know that at least one institution is making professional training much more affordable.

Through its New Technology Institute, Kingston University, pictured above, is opening its doors to provide a range of Short Courses in IT, Computing and Maths at rates considerably below those of other training companies.

The initiative is great news for businesses who can hand pick subjects and send staff to sit in on degree level modules, alongside undergraduate or masters students.

Individuals looking for cutting-edge IT skills or to sharpen up on maths and stats can take advantage of university class teaching at affordable prices, from academic experts in their field.

There are more than 30 different courses running till Christmas and many more coming on stream in 2009.

Subjects range from data analysis to probability and statistics to HTML programming and software engineering.

For more information please visit kingston.ac.uk/nti or contact Sarah Nicholas on 020 8417 2329 and at nti@kingston.ac.uk

Open Events for Admission 2009
Shene School, an exciting and inspiring place to learn, where we seek to nurture the talent and imagination of every child.
Open Evening
Thursday, October 2nd
6.00p.m. - 9.00p.m.
Open Morning Tours
Tuesday & Wednesdays throughout September & October
from 9.a.m. Please phone to reserve a place.
Shene School,
Park Avenue, London, SW14 8RG
Telephone: 0208 876 8891
Web: www.shene.richmond.sch.uk
2008 Results.....represent a very significant improvement which is impressive by any standards (Specialist Schools and Academic Trust)

Claremont Fan Court

Claremont Fan Court School, pictured below, is a co-educational school for pupils aged from three to 18..

Its pupils experience solid academic progress, a nurturing environment, and a strong character development programme.

One of its specialties is independent learning, which includes pupils all having their own laptops starting in Year 4.

The combination of all these factors makes Claremont an exciting place to learn.

The following are points of praise received from its whole school inspection report from early in 2007:

- Highly committed teachers who provide outstanding instruction and develop positive relationships with students;
- Students who have developed morally, socially, and culturally and who are strong academically as well;
- Exemplary pupil behaviour;

A school that is a leader in independent learning and technology.

Come visit during one of its Open Mornings to see for yourself how a Claremont education could benefit your child.

The school is more that a beautiful building; it is a fantastic place to learn.

For further information and a prospectus please call 01372 473624 or email jtilson@claremont.surrey.sch.uk

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New Technology Institute
Kingston University

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Find out more at www.kingston.ac.uk/nti or contact
Sarah Nicholas 020 8417 2329 nti@kingston.ac.uk

Kingston University London

Shene

Staff were delighted at the improvements made by Shene School Year 11 in their results this year, and the pupils' English KS3 SATs results put them above the national average.

The Specialist Schools and Academies Trust wrote that the school's progress "represents a very significant improvement which is impressive by any standards".

Seven students did particularly well gaining many A* and As each, and in total, 112 A* or As were gained by Shene students.

In addition, seven students gained one AS-level each. Its ambition – to make Shene School a great school in as short a time as possible – is on the way to being realised.

How has it done this? By implementing robust and sensible policies and practices to improve behaviour, learning and teaching and expectations.

If you wish to see for yourself the work staff are doing, please contact the school and staff will be happy to show you around or give you any further information.

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Autumn open events for entry 2009 on Saturday, October 18 from 9.30am to 1pm and Wednesday October 22 from 5-8pm

Students using the library at Richmond upon Thames College

Richmond upon Thames College

Richmond upon Thames College is holding its autumn open events for entry 2009 on Saturday, October 18 from 9.30am to 1pm and Wednesday October 22 from 5-8pm.

Due to the popularity of these events and in keeping with health and safety regulations, only those students with an invitation and accompanied by their parent(s) or adult guardian(s) will be admitted.

The teaching staff will be on hand to answer any of the usual questions that worry students when deciding on a college course. For instance:

- "Should I study AS/A2 levels or a vocational course?"
- "Which subjects will I need for my chosen course at university?"
- "What do the new A* A-levels entail?"
- "How easy will it be to get into university if I choose a vocational course?"
- "What job opportunities are there straight from college?"
- "What sorts of extra curricular activities are on offer?"

There will be short presentations by the principal and student representatives, who will be helping on the stands, will be happy to give the student prospective and answer any questions on college life.

Prospective students should complete the slip in our advertisement and post it to the college without delay or download an invitation request form from our website rutc.ac.uk.

Provided places are still available, an invitation will be sent out about a week before the event. Places are limited.

Catering students at Richmond upon Thames College

Richmond upon Thames College

Open Events

By invitation only

Please bring a parent or adult guardian

Saturday 18th October - 9.30am-1.00pm or
Wednesday 22nd October - 5.00pm-8.00pm

The purpose of these visits is for you and your parents or guardians to visit specific subject areas or display stands where our teachers will be delighted to discuss curriculum choices for September 2009. It would, therefore, be useful to have some idea of which curriculum choices you might be considering before you arrive.

There will also be short presentations by the Principal and our careers staff and members of the student support team will be available to offer advice.

You will need to bring a parent or adult guardian to this event as we feel it is important that an adult helps you with these important decisions about the next stage of your education. **Unfortunately unaccompanied students will not be admitted.**

Although there will be a chance to see some of the College's facilities, for health and safety reasons, there will not be an opportunity to walk around all areas of the College.

Your invitation will be posted to you a few days before the event.

Please send me an invitation for the **Open Morning** on **Saturday 18th October 2008 - 9.30am-1.00pm**
(PLEASE PRINT CLEARLY)

Name.....Email .....

Address.....

.....Postcode.....

School.....Home tel.....

Please return to: **Courses Information, Richmond upon Thames College, Egerton Road, Twickenham, TW2 7SJ**
or email: **courses@rutc.ac.uk** with the above information

Please send me an invitation for the **Open Evening** on **Wednesday 22nd October 2008 - 5.00pm-8.00pm**
(PLEASE PRINT CLEARLY)

Name.....Email .....

Address.....

.....Postcode.....

School.....Home tel.....

Please return to: **Courses Information, Richmond upon Thames College, Egerton Road, Twickenham, TW2 7SJ**
or email: **courses@rutc.ac.uk** with the above information

bringing communities together
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black history month

october 2008

for more information
about what's on visit

www.kingston.gov.uk/
blackhistorymonth

Black History Month 2008 is set to be vibrant celebration, with a wide range of performances, workshops and events taking place throughout the borough aimed at all age-groups, all faiths and all communities including, an event to empower and optimise the potential of young people, various book readings hosted by local libraries and much, much more! We would like to encourage children, families, young people and older residents of Royal Borough of Kingston to come and join in the celebration, & you will not be disappointed!

Black History Month Event Schedule

Organisation	Name of Event	Event Description	Address	Event Tel.	Date	Time	Cost	No. of Places	Event aimed at:
Kingston Libraries	Hook Library Readers' Group	Hook Library Readers' Group will be discussing "Purple Hibiscus by the Nigerian writer Chimamanda Ngozi Adichie	Hook and Chessington Library, Hook Centre, Hook Road, Chessington, KT9 1EJ	020 8547 6499	07/10/2008	10.30 - 11.30am	Free	Currently no available places	Readers' Group only
	New Malden Readers' Group	New Malden Readers' Group will be discussing "Cloth Girl" by M. H. Mills	New Malden Library, Kingston Rd, New Malden, Surrey KT3 3LY	020 8547 6499	08/10/2008	11.00am - 12.00 noon	Free	Currently no available places	Readers' Group only
	Old Malden Library Readers' Group	Old Malden Readers' Group will be discussing "Half of a Yellow Sun" winner of the Orange Prize for Fiction 2007, by the Nigerian writer Chimananda Ngozi Adichie	Old Malden Library, Church Road, Worcester Park, KT4 7RD	020 8547 6499	15/10/2008	11.00am - 12.00 noon	Free	Currently no available places	Readers' Group only
	Surbiton Library Readers' Group	Surbiton Library Readers' Group will be discussing a title to be decided	Surbiton Library, Ewell Road, Surbiton, KT6 6AG	020 8547 6499	28/10/2008	7.00 - 8.00pm	Free	Currently no available places	Readers' Group only
	Kingston Library Readers' Group	Kingston Library Readers' Group will be discussing the award winning " Small Island" by Andrea Levy	Kingston Children's Library, Wheatfield Way, Kingston Upon Thames KT1 2PS	020 8547 6499	30/10/2008	7.00 - 8.00pm	Free	Currently no available places	Readers' Group only
Rose Theatre	Adma and the Afoxes, The African Soul of Brazil	Celebrating the Music and Dance of Bahia featuring special guests Everalso Pereira's Nu-Tempo Contemporary Dance Company Nathan Barreto	Rose Theatre, 24 - 26 Highstreet Kingston KT1 1HL	01562 743745	12/10/2008	7.30pm	From £7 - £12	600 seats available	Open to the public
Kingston Youth Services	Young and Living Britain: Racial and Cultural Identity	Educating young people in Kingston on Black History before slavery, and providing them with a place to share and explore their cultural identity views.	Oceana Night Club, 154 Clarence Street Kingston Surrey KT1 1QP	020 8547 5815	15/10/2008	15/10/2008	Free		Open to youth from schools only
Kingston University	'Empire, Religion and Black History: The Seretse Khama Story'	Born the son of an African chief in colonial Botswana in 1921, Seretse Khama falls in love with Ruth Williams, a white English woman. A controversial story of how norms were defied in countries that were part of the British Empire.	Room JG2011, John Galsworthy Building, Kingston University Penrhyn Road KT1 2EE	020 8547 2000 x 62353	22/10/2008	11.30a.m.	Free	48 seats available	Open to the public
Royal Borough of Kingston	Cultural Day	A day of promoting Diversity within the Council	Guildhall 1 Kingston KT1 1EU	020 8547 4674	27/10/2008	All day	Free	Council members only.	Council Members only
Kingston Museum	Festival! Exhibition	Capoeira Workshop: Brazilian martial arts/dance workshop for youth aged 11 - 19	Kingston Museum, Wheatfield Way, Kingston, KT1 2PS	020 8547 6460	20/09/2008	1.30pm	Free	Limited places Only	Youth aged 11 - 19
		Rangoli and Mehendi Workshop: Schools workshop which links to religious educations, art and design and citizenship curricula	Various schools around the Borough (for details, please call the number provided)	020 8547 6754	6th, 7th, 9th, & 10th October	Morning and afternoon sessions	Free	Limited places only	Open to pupils within selected schools
		Carnival in Kingston: A historical perspective by Dr. Stephen Knapper of Kingston University to be followed by a Q & A session with the Carnival Committee. Aimed at adults, especially those interested in history and the past and future of Carnival in Kingston	Kingston Museum, Wheatfield Way, Kingston, KT1 2PS	020 8547 6460	14/10/2008	7.00pm onwards	Free	Limited places only	Open to the public
Sarvoday Hindu Association	Disco Dandia	Featuring special guests: MC Special and Punjabi Hit Squad at the most anticipated event of the year. Playing Bhangra, Bollywood, RNB & more.	Tolworth Recreation Centre, Fullers Way North, Tolworth, Surrey, KT6 7LQ	07522 721 057 or 07915 601 130	11/10/2008	6pm - late	From £10 in advance	From £10 in advance	Open to the public.
Milaap Centre	Celebrating Black History Month	Bringing together different cultures in a collection of activities throughout the month of October.	Milaap Centre (Multicultural Day Services), Murray House, Acre Road, Kingston, KT 2 6EE	020 8547 2887	Through out the month	Ongoing.	Membership Required	Please enquire.	Open to members only.
Kingstonfirst and Irie Spice	Caribbean Showcase	A collection of entertainment and stalls celebrating the culture of the Caribbean	Kingston Market Place, Kingston Town Centre	020 8547 1221	24th and 25th October	10.30pm - 4.30pm	Open to the public.	Open to the public.	Open to the public.

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HOT OFF THE WEB...

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Kingston Hospital beats superbug

Kingston Hospital NHS Trust is celebrating after figures published by the Health Protection Agency showed there were no reported incidences of MRSA at the hospital between April and June.

"Hooray for Kingston Hospital! Mind you, a report of zero cases does raise questions about testing methodology, in my opinion."

Fred1, Surbiton

Cops crashing every week

The borough's officers and staff were involved in 52 collisions, 12 of which were on the way to an emergency call and nine in pursuits, between April 1, 2007 and March 31, 2008.

"This does not surprise me at all – Kingston police are a disgrace. All I seem to hear now are sirens from 8am to midnight.
"There does not seem to be that much crime in Kingston outside of the nightclubs, there is not much reported in the Comet and not many yellow boards around.
"I don't understand how there can be hundreds of emergency calls every day."

DB, Surbiton

Fire death man was due in court

A man who died after setting himself alight in Surbiton on Friday had beaten his wife and could have been facing jail today, it has emerged.

"So he took the coward's way out. Speaks volumes in my book."

Ohdearyme, Hinchley Wood

Extra foot costs couple

Thirty centimetres has cost a Surbiton couple the extension they need to enjoy their home

Why didn't they just do it properly to begin with?
I have no sympathy

Angela M, Wimbledon

The tale of Dr Roberts gives cause for concern

So, Kingston Hospital finds itself in the national press following the disgraceful treatment meted out by its bureaucrats on the eminent cardiologist, Dr Robin Roberts.

How can we, the public, have faith in an organisation that behaves in such a shameful way towards a man who is dedicated to the care of his patients?

To dismiss Dr Roberts without any evidence of wrong doing, beggars belief. It is to his credit that he took the trust to an employment tribunal after his unfair dismissal and that it should vindicate him totally – stating that he had received 'grotesquely unfair treatment' by the then HR director Oonagh Fitzgerald and Alan Pearse, the current acting chief executive.

No amount of money can compensate Dr Roberts for the nightmare he has had to endure. However, the amount of money that the trust will have to award could and should have been spent on patient care.

The dishonourable way in which these managers have behaved is a disgrace.

Why are they able to remain in positions of authority with such well paid salaries?

Both Ms Fitzgerald and Carole Heatly (chief executive) have taken up posts in other trusts and Mr Pearse is now acting chief executive at Kingston Hospital. What does this tell us about accountability?

Worryingly, the tribunal concluded that Dr Roberts "may have been the victim of something more reprehensible than crass incompetence". Either way, we can have little confidence in the trust's board of directors and surely this throws doubt into the trust receiving foundation status.

At a time when Kingston Hospital is strapped for cash and staff morale is low, this sorry tale gives cause for concern. It would be too much to hope for that Mr Pearse should do the honourable thing and resign. However, I would urge Dr Roberts' patients to lobby the trust and set up a petition for him to be reinstated at the hospital so that he can resume his position and continue to deliver the high standard of care for which he is known. I wish him well.

NAME AND ADDRESS SUPPLIED

Our character has vanished

I would like to echo the concerns of Michael Burns (Letters, September 11) regarding the redevelopment of 5 to 29 Coombe Road, New Malden.

So much of the character of our village has been destroyed by this council that I would beg all who hold New Malden dear to write to Kingston Council to stop Hemingford Properties from destroying what little of any architectural merit remains in our town.

All that is needed is a face-lift. The quaintness and distinctiveness of this row of shops, with a little gem of a cinema that lurks behind them, needs to be preserved rather than obliterated.

In fact, the cinema could be rejuvenated and used for theatrical/cinematic/youth work and other good social causes.

People's behaviour is influenced by their surroundings; environment does matter and to destroy our past means we do not know where we are going in the future.

One learns from one's past. This is a fact of life. People from abroad come here to see a piece of "old" England, not characterless brick boxes.

I am also concerned to learn that the council is planning to close Cocks Crescent in New Malden and replace the site with flats and one room for members who currently attend the two centres.

Cocks Crescent gives a service to the needy of the community; this cannot be valued in monetary terms.

The council has already closed Hobkirk Day Centre against enormous opposition. Are we going to let them demolish Cocks Crescent too? Has this council no heart for the sick, the elderly and the vulnerable? Has the squandering of rate payers' money on New Malden High Street, with accompanying outrageous ongoing maintenance, not been enough to satisfy their egos?

I urge all who love New Malden to write to the planning department about these concerns to help preserve what little there is left of our village.

LYDIA BROWNE
Tregaron Gardens
New Malde

S-Club's Jon writes

Being diagnosed with a condition that is practically unheard of by many can make life very hard.

While many of your readers probably know about behavioural, social and learning problems such as dyslexia, ADHD and Asperger's syndrome, I am sure relatively few are familiar with dyspraxia.

Experiencing difficulties such as getting dressed, tying shoelaces, forming relationships and an inability to remember more than two or three instructions at once are all part and parcel of living with dyspraxia.

It is thought two children are affected in every class of 30 and it is not a condition that you simply grow out of. However, because it is not an 'obvious' disability and there is a real lack of understanding, so many living with the condition can feel left out, isolated and suffer at the hands of bullies.

Since finding out about the condition and the very real implications it can have on daily life for those affected, I am proud to be supporting the Dyspraxia Foundation's national awareness week, Dyspraxia: Making Sense of it All (September 27 to October 4).

The week-long campaign seeks to ensure the condition, and those affected by it, receive the recognition and support they deserve.

I urge your readers who suspect that they, or a family member, may have dyspraxia, not to suffer in silence but to visit the charity's website dyspraxiafoundation.org.uk or call the helpline on 01462 454986.

JON LEE
West End star and former member of S-Club 7

Looking to another 800

As Kingston celebrates its 800th birthday, we can feel proud of the challenges that the town has come through over the years – from conflicts over the strategic bridge over the Thames, via the plague and occupation during the civil war, to integration into London.

But, as a community, we still have great challenges ahead. Climate change is increasingly well publicised and with time running out and the price of oil as it is, we can't afford to wait for high-energy, high-cost technological solutions that may or may not materialise.

Maybe the best way to celebrate our 800 years is to make sure that we are resilient enough to keep Kingston going for another 800.

We invite anyone interested to join our action-planning meeting on Tuesday, October 7, at 7pm, for 7.30pm, at C-Scaipe, Penryhn Road, Kingston University and be part of the transition towards a sustainable, sociable Kingston.

MAJEED NEKY
Transition Town
Kingston steering group

Boris might be able to reduce our council tax

Valerie Shawcross should remember that Boris won the election because he said he would not bring in the £25 charge and because he would listen to the concerns of the people in the western zone and he is keeping his word.

Does she also forget that the fare increases were agreed by the ex-mayor and TfL. He then tried to work the same trick he got away with in 2004, saying: "I will not put up the fares" but forgetting to add "until after the election", although by this time people had wised up to him.

So she should forget the sour grapes and work with Boris to get rid of the overpaid and under-worked deadwood, and there is a lot of it.

They might also be able to reduce the massive council tax imposed on Londoners by the last mayor. That would be something to write about.

PJ GROGAN
Via email

Weather report

Thank God for British weather! The past few weeks have ably demonstrated that the British climate is the best in the world.

No long and repetitive spells of weather (except perhaps of indifferent grey – no problem with that), but constant flux.

KENNETH TINKER
New Malden

Devilish cyclist hell

Pavement cycling is the work of the devil. Utter selfishness made flesh. These people should be prosecuted.

I don't know who they think they are.

TOMMY DERBYSHIRE
Via email

One motorbike death is enough. Don't let us see another one

I read in last week's Surrey Comet (Bike Trials, p5) that Kingston Council has been "quietly trialing" allowing motorbikes to use some bus lanes in the borough, and that this is London Mayor Boris Johnson's policy.

This trial has been far from quiet, because it has resulted in crashes and the wail of emergency sirens.

As far as I know, the council has allowed motorbikes to use the bus lanes in Cambridge Road and Kingston Road since 2003.

Earlier this year, a motorcyclist was killed after colliding with a car in the bus lane, near to the Kingsmeadow ground.

Last month, I wrote to ask Boris Johnson whether he would be reviewing his policy, because I feel Kingston Road is now less safe. I have received a reply telling me that the number of motorcyclists seriously injured increased eightfold between New Malden and London Road since the council changed its policy – not even counting the death this year.

The Mayor and Kingston Council really must put an end to this on-going calamity and not smugly assume that motorbikes in bus lanes are safe.

One death is too many. Don't let there be another.

STEVE COCHRAN
Norbiton Avenue
Norbiton

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Text: **Start message with SLVIEWS (if your phone has a body text or subject space, make sure that keyword is mentioned in both), leave a space and text your comment (up to 160 characters). Send to 80360***

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Letters may be edited for reasons of space.

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Saxophonist Vasilis Xenopoulos joins Way Out West next week – see page 34

THEATRE: Born In The Gardens, Rose Theatre

Simon Fitzjohn

"I have not heard the level of laughs we are getting during this play in a long, long time"
Stephanie Cole

Lapping up the laughs: Stephanie Cole, Allan Corduner, Simon Shepherd and Miranda Foster star in the comedy Born In The Gardens Nobby Clarke

Gardens in full bloom

In a showbiz age of inflated egos, brash personalities and media-obsessed celebs, veteran British actress Stephanie Cole is a breath of fresh air.

A stalwart of countless stage and screen appearances, when asked to decide on her favourite medium, her rapid reply is as honest as it gets.

"Radio – because you don't have to learn your lines!" she says.

"Plus, more often than not you get great scripts.

"And of course, when you are recording, you don't have to move around much!"

But don't for one second take that to mean Cole is any sort of slouch.

Having tirelessly slogged around the circuit for nearly 50 years, she has rightfully taken her place as one of the nation's most venerable actresses.

And Cole will soon be treading the boards at the Rose in Stephen Unwin's revival of Peter Nichols' 1970s classic, Born In The Gardens.

A bittersweet tale of sibling squabbling against the backdrop of a family funeral, the 66-year-old takes the role of Maud.

And Cole admits the script runs the gamut of emotions.

She explains: "I think it is quite difficult to put the theme into just one box.

"As you know with any family you can push each other's buttons and start things off.

"I have not heard the level of laughs we are getting in the play in a long, long time.

"But, equally, there are moments that are very upsetting and quite shocking.

"It is a tremendous mixture."

The actress, famed for her roles in Open All Hours, Waiting For God, and most recently Doc Martin, admits she is relishing the role of the family head.

But she is quick to refute suggestions that the rapid cuts between humour and tragedy could lead to an over-egged performance.

Cole insists: "Whatever you are doing, you have to start from a base of complete reality.

"You must never actively play for laughs.

"The moment that you deliberately play for laughs it becomes formulaic and the audience gets removed from the story."

While she is eager to carry on her career for as long as possible, Cole admits the demands of the modern stage do take their toll.

She reveals: "I have been incredibly lucky in having done alot of theatre and television and I find it quite easy to switch between the two.

"And touring you do get to see a lot of towns and cities around the country.

"But it is very tiring. When you do get to go home, you do your washing, check your emails, then it seems time to pack and go again.

"But I would not swap it for the world."

Born in the Gardens, Rose Theatre, Kingston, September 30 to October 11, 7.30pm, £7-£29, call

For a two-for-one ticket offer to see Born In The Gardens, see this week's Surrey Comet

Ticket offer

Surrey Comet

ROSE THEATRE Kingston

The week ahead

Join in the Crack

Crack Comedy Club takes aim for the comedy jugular once again as promoter Erich McElroy presents another top-notch line-up. On the bill are John Whitehead, Julia Wilson and Greg Davies, with McElroy bringing order to the chaos as MC. The Grey Horse, Friday, 8pm, £6/£8/£10, 020 8549 9700.

Stick your neck out

Tall Stories, creators of the successful stage opus The Gruffalo, present their new family show, How The Giraffe Got Its Neck. Inspired by the work of Rudyard Kipling, expect original music, acting, puppets and a splash of silliness. **Vera Fletcher Hall, Thames Ditton, Saturday, 11.30am, £5.50, 0844 884 8832.**

Bold as brass

The world-famous Grimethorpe Colliery Band make a one-night stop off at the Rose as they continue their stunning success story. In constant demand, and having won almost every brass band accolade, their deserved international reputation has been honed through a wealth of concert and television appearances. Rose Theatre, Sunday, 2.30pm, £15/£20, 0871 230 1552.

Jazz things up

Talented saxophonist Derek Nash is the headline act when Duncan Eagles brings the Kingston Jazz Club back to the Grey Horse. Nash, a member of Jools Holland's Rhythm and Blues Orchestra, is a master of all four saxophones. **Grey Horse, Tuesday, 8.30pm, £3/£5, 020 8567 2004.**

Final frontier

Nine international contemporary artists unite for media-based exhibition In The Space Of Elsewhere. Using a range of techniques including architecture, video, and sound, it is intended to stimulate. Stanley Picker Gallery, Kingston University, Wednesday, October 1, noon to 6pm, free.

For these and more events turn to page 37

Films What's on this week

RIGHTEOUS KILL (15): Big-screen titans Robert De Niro and Al Pacino go face-to-face for the first time since 1995's Heat in Jon Avnet's psychological thriller, cast as grizzled cop buddies on the trail of a serial murderer. There is scant rapport between the veteran leading men, whose characters embark on linear emotional journeys that are an insult to the actors' formidable talents and our intelligence. Clichés stack up quicker than spent bullet casings until a strangely moving final scene that is too little too late. ★★★

SWING VOTE (12A): Director Joshua Michael Stern has made a gentle and surprisingly sweet comedy that lampoons the American electoral process, as seen through the bloodshot eyes of Kevin Costner's small-town factory worker. The opposing political parties seek to break the election deadlock by seducing a man more interested in the contents of his beer glass than any social issues. The ending feels contrived and sidesteps the obvious dilemma of having to declare favouritism. ★★★

DEATH RACE (15): Loosely based on the 1975 cult favourite Death Race 2000, Paul WS Anderson's follow-up to Alien Vs Predator is a turbo-charged action-thriller set in a bleak future in which reality programmes continue to dominate television and the internet. Square-jawed hard-man Jason Statham is perfectly cast as the doting family man who agrees to race for his freedom after being framed for the slaying of his wife. Death Race is a non-stop assault on the senses. ★★★

TAKEN (15): Irish actor Liam Neeson is the unlikely choice for leading man in Pierre Morel's brutal, adrenaline-pumping action-thriller, a fast-paced jaunt through Paris. Neeson is cast against type as a merciless avenger who will stop at nothing to rescue his daughter from the clutches of sex traffickers. He is imposing in the somewhat two-dimensional lead role, bludgeoning anyone or anything that dares to get in his way, including common sense. ★★★

Grizzled cops: Film legends Robert De Niro and Al Pacino in Righteous Kill

FOR FILM & DVD REVIEWS visit yourlocalguardian.co.uk

Greek's odyssey

GIGS: Vasilis Xenopoulos, Ram Jam Club

Simon Fitzjohn

Vasilis Xenopoulos is on a quest. The multi-talented jazz musician has made it his mission to bring his brand of music to the younger masses.

And, with the effort it has taken the saxophonist to get to his current position, don't bet against him having the kids eating out of his hand.

He says: "My goal is to make my music more approachable to younger audiences.

"I have played alot of gigs over the years but it has mostly been to older crowds. They are more aware of the history and respectful of the genre.

"But if you can get kids interested, when they do not have the same depth of understanding, that would be a total dream."

Xenopoulos was plucked from obscurity from his home in Athens to become a popular fixture on the jazz scene in the Greek capital.

And he admits he was grateful to his former teachers for giving him the breaks.

He adds: "My musical education had nothing to do with my family, it had more to do with natural talent being discovered by my schoolteachers.

"I started on the piano and clarinet when I was eight but I really started taking things seriously when I began playing the saxophone at 13.

"By the age of 16 I was turning professional and pretty soon I was playing all around Athens and appearing on national television."

But if you think it was all sweetness and light for Vasilis think again.

He reveals: "It was hard for me because everybody I was with in the bands were in their 30s so I had no one to talk to.

"Plus I was the first professional musician in the family and it took them a long time to get used to the idea."

After studies at Berklee College of Music in Boston, USA, Xenopoulos returned to Greece before moving to London and has been residing in Ealing ever since. And with his own group, as well as helping out with the Eddie Harvey Sextet, he has plenty on his plate.

Xenopoulos adds: "It is great working with Eddie as he was taught one of my friends and I've known him a long time.

"I enjoy being part of the sextet and obviously having my own group is still a big thrill.

"I am always looking to change things – at the moment I am trying to mix the jazz vibe with a more modern groove.

"I will always try to shake things up."

Vasilis Xenopoulos, Way Out West, Ram Jam Club, Wednesday, October 1, 8pm, £7/£9, call 020 8567 2004.

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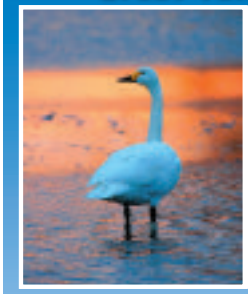

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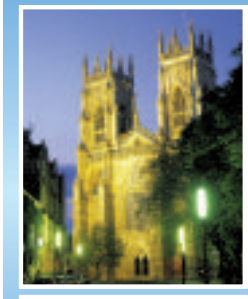

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Rouse revs up the Store

COMEDY: Rob Rouse, Comedy Store, Rose Theatre

Simon Fitzjohn

Rabble rouser: Rob will MC the other comics at The Rose

New family man Rob Rouse continues his return to the comedy circuit when he hosts a star-studded Comedy Store line-up at the Rose Theatre this weekend.

Rouse, who earlier this year celebrated the birth of his first child Lenny with partner Helen, admits he has had to enforce both a lifestyle and career change in the wake of the 'bundle of joy'.

Rouse says: "Lenny being born really was the biggest thing that has ever happened to me.

"It really turns your world upside down and inside out.

"So while I certainly want to keep my hand in on the comedy circuit, at the moment I am just concentrating on doing gigs around the London area."

The rest of the country's loss is the Rose's gain, though, as Rouse grabs the mic to showcase his top-notch MC skills alongside a fantastic flurry of funnymen.

Leading the charge will be television and radio favourite Paul Tonkinson, with Micky Flanagan and Stewart Francis in cahoots.

Scarborough-born comic Tonkinson, famed as a former presenter of both The Big Breakfast and The Sunday Show, has honed his award-winning gag skills over 16 years on the stand-up circuit.

More recently a presenter on XFM, Tonkinson has now decided to solely concentrate on his first love – making people laugh.

Canadian comic Francis is a master of deadpan humour and has built a glowing reputation thanks to his quality writing on US shows such as The Tonight Show with Jay Leno, and the Late, Late Show with Craig Ferguson.

But he has also built a growing audience on the stand-up circuit and has appeared in Britain on numerous occasions.

Cockney comedian Flanagan is still basking in the glow of his Edinburgh Fringe award in 2007.

But his cutting remarks and dry observations show a comic always on the hunt for fresh material.

Comedy Store, Rose Theatre, Kingston, September 28, 7.30pm, £12/£14/£16, call 0871 230 1552.

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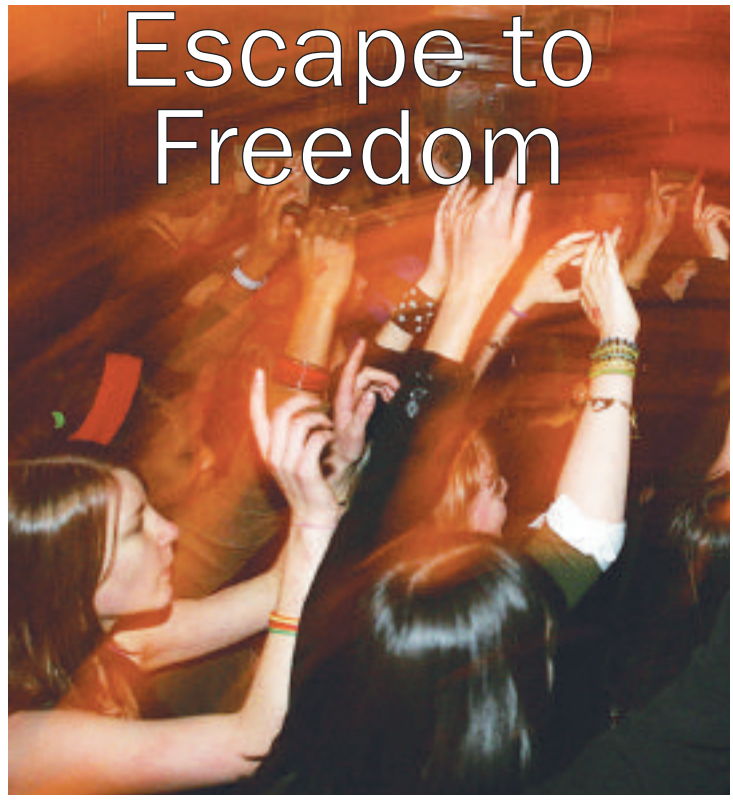


GIGS: Freedom Festival, Grey Horse

Simon Fitzjohn

Kingston's Amnesty International group throws its sixth annual Freedom Festival this week with another three-day voyage of music, comedy and poetry.

Taking up residence at the Grey Horse, each show starts at 7.30pm and the ticket price of £5 will not only guarantee an evening of entertainment but also homemade cake!

Things kick off on Friday with headliner Danny Valentine & The Meditations, and support.

Described as, "slightly goth/emo-toned pop with a dark psychedelic edge", and "soul music for the disenfranchised and empty-hearted", Valentine has honed a particular swirling sound on numerous limited-edition releases before going down the official release route with debut single Architect Of My Love/Killing Floor earlier this year.

Saturday sees the Indoor Picnic boys take control, producing a line-up of musicians and comedians sure to delight.

Providing the music will be headliner Magic Arm, who will dazzle with his experimental folk pop.

A favourite with Radio One's new music DJs Magic Arm, aka Marc Rigelsford, recently wowed Glastonbury with his approach of layering sounds, bleeps and vocals.

Further sonic solutions come from The Sound of Bailey and Little Ray.

Sound of Bailey is a headphone-clad trio – the difference being the third member of the party is an eight-track reel to reel machine.

Little Ray, meanwhile, is a two girl/three guy combo heavy on cunning vocals.

The evening is rounded off with a stand-up set from funnyman James Timberlake.

Wupadupa take over the reins for the final evening and have put together a potent mix of music, poetry and film.

The music comes from Carrie Tree, Pinknruby and Sugardrum, with poetry cameos from Paradox sandwiched in-between the acts.

And last, but by no means least, the members of Impermanence (Matt Kelly, Phil Dale and Steve James), will be on hand to conjure up their parlour trick of providing live music to film footage.

Amnesty Freedom Festival, Grey Horse, Kingston, September 26-28, £5, 07931 888279 for further details.

Hot night at New Slang

GIGS: Hot Club de Paris, New Slang, McKlusky's

Simon Fitzjohn

A day at the races has been known to cause a lasting impact on many a life over the years.

Instant fame for jockeys, cash-flow issues erased or increased for punters, and reputations forged or foundered for owners are just a few of the side issues from a spell with the gee-gees.

But things are a bit different for Matthew Cameron Smith and Paul Rafferty.

The Liverpool musicians met while working as temps, in their words, "selling Pimms and lemonade to fake posh people," at Chester racecourse in 2003.

At the time members of differing bands on the burgeoning local music scene, Victor FME and the Down and Outs, the pair struck up a friendship and set about forming current NME darlings Hot Club de Paris.

Fast forward five years and the band has recently released its second album, Live At Dead Lake, and are still touring extensively.

And, having appeared alongside the likes of Jamie T, Maximo Park and The Who, the now-trio are finally emerging from the shadows to be a headline force.

Along with drummer Alastair Smith, the threesome has honed a soundclash of experimental indie, with echoes of American punk (their professed first musical love).

Signed to Moshi Moshi records, past/present home of acts including Kate Nash, Hot Chip, Bloc Party and The Rakes, the move from cult heroes to centre stage is in full swing.

And if the Press reaction to Live At Dead Lake, which has garnered a host of four- and five-star reviews is anything to go by, it's best to catch these guys in the friendly confines of New Slang before they move onto bigger things.

Hot Club de Paris, New Slang, McClusky's, September 25, 9pm, £5/£6, 020 8549 5871.

thursday, september 25

THEATRE

A Doll's House. Until Sep 27. Mat Wed, Thurs, Sat, 2.30pm. 7.30pm. Rose Theatre, 24-26 High Street. £7-£29.50. 0871 230 1552. rosetheatrekingston.org

EXHIBITIONS

Painted Prayers: Healing Waters – Caroline Jariwala. 11am. Sun: 2.30pm-4.30pm. Riverhouse Arts Centre, Manor Road, Walton. Free. 01932 253354. boxoffice@ riverhousebarn.co.uk

GIGS

The Naughties, Valkyries, plus support. 8pm. The Peel, 160 Cambridge Road. 020 8546 3516. peelbooking@hotmail.com

Four indie bands. 8.30pm. The Grey Horse, 46 Richmond Road. £4. 020 8549 9700.

Good Men In The Jungle. 8.30pm. Brave New World, 22 Berrylands Road, Surbiton. Free. 020 8399 0200.

friday, september 26

EVENTS

Toddlers' Rhyme Time. 10.30am. West Barnes Library, Station Road. Free. 020 8942 2635. WestBarnes.library@merton. gov.uk

Amnesty Freedom Festival. Until Sept 28. Rock and pop. 7.30pm. Grey Horse, Richmond Road. £5. 020 8541 4328. amnestyfreedomfestival.org

Kingston Choral Society Open Rehearsal. 8pm. Free. Kingston Grammar School, 70 London Road. Free. 020 8390 5689.

COMEDY

Crack Comedy Club. Doors 7pm. John Whitehead, Julia Wilson, Greg Davies, MC Erich McElroy. 8pm. The Grey Horse, 46 Richmond Road. £10 (£8/£6). 020 8549 9700. crackcomedy/com

Comedy Club. 8pm. Riverhouse, Manor Road, Walton. £11. 01932 243354. riverhousebarn.co.uk

GIGS

Red Storm Rising, Bad Sign and Too Tired For Sleep. 8.20pm. The Peel, 160 Cambridge Road. 020 8546 3516. peelbooking@ hotmail.com

GIGS

A J Clarke. 8.30pm. Foley Arms Pub, Hare Lane, Claygate. £8 (£9). 020 8686 9421. theramclub.co.uk

saturday, september 27

EXHIBITIONS

Shifting Sands. Tues-Fri 12.30pm-4.30pm, Sat 11am-4pm. Chertsey Museum, The Cedars, 33 Windsor Street. Free. 01932 575370. chertseymuseum. org.uk

Festival. Until Oct 18. 10am. Kingston Museum, Wheatfield Way. £1, U16s free. 020 8547 6460. kingston.museum@rbk.kingston.gov.uk

EVENTS

Amnesty Freedom Festival. Until Sept 28. Magic Arm, Sound of Bailey, Little Ray. 7.30pm. Grey Horse, Richmond Road. £5. 020 8541 4328. amnestyfreedomfestival.org

Wedding Ball. Wear a wedding dress/ball gown for Meningitis Search 4 a Vaccine and Born Too Soon. 7pm. Sandown Park Racecourse, Portsmouth Road. £60. 01372819640. weddingball.co.uk

60th Anniversary Dance. Dave Hall & his Scottish Dance Band. £18 incl buffet. Contact Brenda Horwill, 32 Wolsey Road, Sunbury or Judith Jones, 35 Surbiton Hill Park. 7.30pm. Tolworth Girls' School, Fullers Way. £18. 01932 784866 or 020 8390 4975. dmhorwill@aol.com

THEATRE

How the Giraffe Got its Neck. 11.30am. Vera Fletcher Hall, 4 Embercourt Road. £5.50. 0844 884 8832. verafletcherhall.co.uk

CONCERTS

Jeanne You. Pianist. 7.30pm. St George's Church, West End, Esher. £12 (children free). 01372 464370.

Elmbridge Choir. 7.30pm. Cleves School, Oatlands Avenue, Weybridge. £8 (£5 U12). 01372 466275. elmbridgechoir. co.uk

Vaughan Williams and Entente Cordiale. Thames Concerts Society. London Mozart Players, Howard Shelley. 8pm. All Saints Church, Market Place. £5-£18.

Strings On Show – Very Young Strings. Tatiana Gilfillan, nine, violin; Harry Gilfillan, 10, cello; and Hyeon Jin Cho, 10, violin. 8pm. Riverhouse, Manor Road, Walton. £10 (series £50). 01932 253354. boxoffice@riverhousebarn.co.uk

Music For The Mayor. Benefit concert presented by Michael Aspel. Surrey brass, Mosaic Choir, and the TWIG and Albany Combined Choir. 8pm. Christ Prince of Peace, Portmore Park Road, Weybridge. £10. surreybrass.co.uk

GIGS

Club Seen with DJs. 8pm. Kingsmeadow Stadium, Jack Goodchild Way, 422a Kingston Road. 020 8547 3335. kingsmeadowlive.com

Audio.Visual.Disco, Avartar Original, Killpatrick. 8pm. The Peel, 160 Cambridge Road. 020 8546 3516. peelbooking@hotmail.com

Linley Weir. 8.30pm. Ram Jam Club, 46 Richmond Road. £10. 020 8567 2004. grey-horse.co.uk

Sunday's Child. 8.30pm. The Honest Cabbage, Albert Road. Free. 020 8549 5282.

COMEDY

Laughing Horse. Suzy Bennett, Paul Ricketts, Grainne Maguire, Ava Alexis, Imran Yusuf, Gary McNulty. 9.30pm. The Cricketers, 20 Fairfield South. £5. 020 8296 0479. info@laughinghorse.co.uk

sunday, september 28

EVENTS

Car Boot. Set-up from 7am. Cars £10, vans from £15. 8am. Apps Court Farm, Hurst Road, Walton. 01932 244822.

Historical Walks. 2.30pm. Meet Church Gates, Ancient Market Place. £3. 020 9427015. jmcconn@ blueyonder.co.uk

Elmbridge Youth Theatre Auditions. For ages eight to 12, for The Munchkins. 5pm. Walton Youth Centre, Elm Grove. Richard Davis 01932 845855.

CONCERTS

Grimethorpe Colliery Band. 2.30pm. Rose Theatre, 24-26 High Street. £10 (cushions), £15, £20. 0871 230 1552. rosetheatrekingston.org

Delicious Chains of Love. Elizabeth nash (soprano) and Sarah Down (piano). 5pm. Riverhouse, Manor Road, Walton. £10 (£8). 01932 253354. boxoffice@riverhousebarn.co.uk

GIGS

The New Heaters. 4pm. The Grey Horse, 46 Richmond Road. Free. 020 8549 9700.

Open Mic With Chris Dowling. 8pm. Brave New World, 22 Berrylands Road, Surbiton. Free. 020 8399 0200.

Tony Heiberg Quartet. With Robbie Robson, trumpet. 8pm. The Kingston Gate, 204 London Road. Free. 020 8546 4840.

Uncorked and Unplugged. Acoustic singing. 8pm. The Grey Horse, 46 Richmond Road. Free. 020 8549 9700.

COMEDY

The Comedy Store. Rob Rouse (MC), Hal Cruttenden, Micky Flanagan, Paul Tonkinson, Stewart Francis. 7.35pm. Rose Theatre, 24-26 High Street. £12-£16. 0871 230 1552.

monday, september 29

GIGS

Jam-Pact jam session. 8.30pm. The Cardinal Wolsey, The Green, Hampton Court Road , East Molesey. Free. info@jam-pact.com

The Jazz and Funk Jam. 8.30pm. The Grey Horse, 46 Richmond Road, Kingston. 020 8549 9700.

EVENTS

Kingston Vale Operatic & Dramatic Society (KVODS) Youth Group. 6.30pm. Kingston Vale Village Hall. £10 pa. secretary @kvods.com

tuesday, september 30

GIGS

Acoustic Showcase. 8.30pm. The Grey Horse, 46 Richmond Road, Kingston. £2. 020 8549 9700.

Kingston Jazz Club, featuring Derek Nash. 8.30pm. Ram Jam Club, 46 Richmond Road, Kingston. £5 (£3). 020 8567 2004. grey-horse.co.uk

EXHIBITIONS

Rich Treasures of the Nile. Until Oct 12. Closed Mon. Watercolours & Pastels by Jill Storey, Porcelain & Stoneware Ceramics by Beryl Hole. 11.30am. The Fountain Gallery, 26 Bridge Road, Hampton Court, East Molesey. Free. 020 8941 5865. fountaingallery.co.uk

THEATRE

Born In The Gardens. Until Oct 11. By Peter Nichols, directed by Stephen Unwin. Presented by Theatre Royal Bath and The Peter Hall Company. Mat Wed, Thurs, Sat 2.30pm. 7.30pm. Rose Theatre, 24-26 High Street. £7-£29.50. 0871 230 1552. rosetheatrekingston.org

EVENTS

Rubicon Book Club. Author leads discussion. The Dead of Summer by Camilla Way. 7.30pm. Rubicon, 97 Maple Road, Surbiton. £4. 020 8399 5055. rubiconbar.com

wednesday, october 1

EXHIBITIONS

In The Space of Elsewhere. Until Nov 22. Tues-Fri noon to 6pm, Sat noon to 4pm, Mon by appt. Stanley Picker Gallery, Kingston University. Free. stanleypickergallery.org

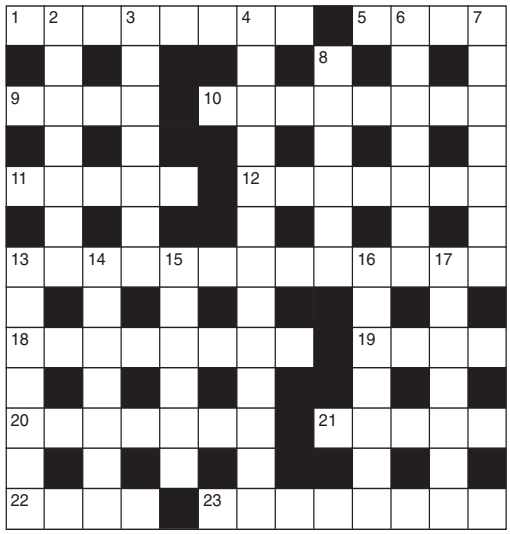
GIGS

Way Out West. Eddie Harvey Sextet featuring Vasilis Xenopoulos, Phil Day, Pete Hurt, Tony Kinsey. 8pm. Ram Jam Club, 46 Richmond Road, Kingston. £9 (£7 conc). 020 8567 2004. grey-horse.co.uk

YOUR EVENT could appear HERE

Fill in a form at yourlocal guardian.co.uk/events

Quick Crossword



ACROSS

1. Curb (8)
5. Require (4)
9. Speck (4)
10. Progresses (8)
11. Ascend (5)
12. Confidential (7)
13. Unprogressive (5-2-3-3)
18. Calamity (8)
19. Compassion (4)
20. Ingredient (7)
21. Motionless (5)
22. Flank (4)
23. Incidentally (2-3-3)

DOWN

2. Feat (7)
3. Huge (7)
4. On one's own (13)
6. Ejaculate (7)
7. Bloat (7)
8. Disappear (6)
13. Sorrow (7)
14. In lieu (7)
15. Osculated (6)
16. Outlay (7)
17. Completely (7)

Last Week's solution:

Across: 1 Battle; 4 Secret; 9 Ask for trouble; 10 Content; 11 Inlet; 12 Scamp; 14 Inure; 18 Amass; 19 Unequal; 21 Recrimination; 22 Dispel; 23 Beagle.

Down: 1 Branch; 2 Take no chances; 3 Loose; 5 Emotion; 6 Rabble-rousing; 7 Treaty; 8 State; 13 Massive; 15 Hatred; 16 Quail; 17 Glance; 20 Elate.

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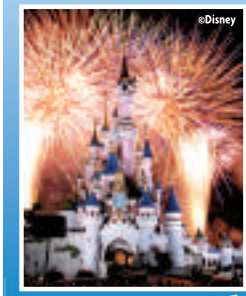

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Public Notices

Legal Notice

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Company No: 2703988
Notice is hereby given pursuant to section 98 of the Insolvency Act 1986 that a meeting of the Creditors of the above named Company will be held at 60/62 Old London Road Kingston upon Thames Surrey KT2 6QZ on 29/09/2008 at 10.15 am for the purposes mentioned in Section 99 to 101 of the said Act. The resolutions to be taken at the meeting may include a resolution specifying the terms on which the Liquidator is to be remunerated, and the meeting may receive information about, or be called upon to approve, the costs of preparing the statement of affairs and convening the meeting. Creditors wishing to vote at the meeting must lodge their proxy, together with a full statement of account at the registered office—60/62 Old London Road Kingston upon Thames Surrey KT2 6QZ not later than 12 noon on the business day before the meeting. Philip Weinberg of Marks Bloom at the above address is a person qualified to act as an insolvency practitioner in relation to the Company who will, during the period before the day of the Meeting, furnish creditors free of charge with such information concerning the Company's affairs as they may reasonably require. Notice is also given that, for the purpose of voting, Secured Creditors must (unless they surrender their security), lodge at the registered Office of the Company at 60/62 Old London Road Kingston upon Thames Surrey KT2 6QZ before the Meeting, a statement giving particulars of their security, the date when it was given and the value at which it is assessed. Dated: 16/09/2008
E W ROBERTS, Director *T237184*

BASING LIMITED
Company No. 1524291
Notice is hereby given that Philip Weinberg of Marks Bloom 60/62 Old London Road Kingston Upon Thames KT2 6QZ was appointed Liquidator of the above named company on 22/09/2008 by the Members and Creditors.
Dated 22/09/2008
PHILIP WEINBERG, Liquidator *T237543*

Legal Notice

BARBARA MAUDE LINDOORN (Deceased)
Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased, late of 5 Hillbrow Court Hillbrow Road Esher Surrey KT10 9UA, who died on 19/06/2008, are required to send particulars thereof in writing to the undersigned Solicitors on or before 05/12/2008, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.
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Public Notice

Transport for London

Road Traffic Regulation Act 1984

The A243 GLA Road (Leatherhead Road, Royal Borough of Kingston upon Thames) (Temporary Prohibition of Traffic) Order 2008

1. Transport for London hereby gives notice that it has made the above named Traffic Order under section 14(1) of the Road Traffic Regulation Act 1984 for the purpose specified in paragraph 2. The effect of the Order is summarised in paragraph 3.
2. The purpose of the Order is to enable works to take place at on the A243 Leatherhead Road in the Royal Borough of Kingston upon Thames.
3. The effect of the Order is to prohibit any vehicle from entering into or exiting from the A243 Leather head Road at its junctions with Merritt Gardens and Ellingham Road. The order will be effective at certain times from 21.30 hours on the 1st October 2008 until 06.00 hours on the 2nd October 2008 and during the same working hours on any subsequent night until 06.00 hours on the 1st April 2009 or when the works have been completed whichever is the sooner. The prohibition will apply only during such times and to such extent as shall from time to time be indicated by traffic signs.
4. The prohibitions will not apply in respect of:
   (1) any vehicle being used for the purposes of those works or for fire brigade, ambulance or police purposes; or
   (2) anything done with the permission or at the direction of a police constable in uniform or a person authorised by Transport for London.
5. At such times as the prohibitions are in force alternative routes will be indicated by traffic signs.

Dated this 25th day of September 2008

Stuart Ogden
Road Network Management - South, Transport for London, Windsor House, 42-50 Victoria Street, London SW1H 0TL

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on **Thursday 2 October 2008**

at **7.30pm**

at **Merton Civic Centre, London Road, Morden SM4 5DX**

A copy of the agenda may be obtained at least five days beforehand from the Civic Offices, St Nicholas Way, Sutton, SM1 1EA or by telephoning Angela Guest on 020 8770 5122

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Should cost £6,000
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ESHER CHURCH OF ENGLAND HIGH SCHOOL
More Lane, Esher, Surrey KT10 8AP
11 - 16 Mixed Comprehensive Headteacher: Mr S Morris

ICT Technician - Full Time
Surrey Pay Grade SP4 £14,361 - £16,989

An organised, enthusiastic and proactive individual is required to assist the Network Manager with first line technical support to staff and students. An understanding of Windows 2000/XP operating systems is essential, ideally combined with knowledge of Server 2003, RM CC3 Networks, an aptitude for web design or emerging technologies.

This is an exciting opportunity for someone who enjoys working in an educational environment, who has good interpersonal, fault finding and diagnostic skills. Duties will include, general troubleshooting, help desk monitoring, hardware & software maintenance and general ICT administration tasks.

Further job information/application packs are available online at www.esherhigh.surrey.sch.uk under vacancies or alternatively contact Personnel on 01372 468068 Ext 231 or personnel@esherhigh.surrey.sch.uk

Closing date: Friday 10th October 2008

This school is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment. Any successful applicants will be required to undertake a Disclosure check by the Criminal Records Bureau.

Get the job you deserve

We have re-launched our CV database to make it bigger and better.
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CV database

St. Paul's Catholic Primary School
Thames Ditton, Surrey. KT7 OLP

We are seeking to appoint a

Special Needs Assistant

Who would work alongside children requiring additional support in the classroom. Five mornings per week equalling 15-20 hours.
Salary £4,688.28 - £6,224.37 pro rata (Surrey 3 Pt 1).

Please contact the school office for an application form on 020 8398 6791

Closing date: Monday 20th October 2008

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For free information without obligation. Ask for Sarah, Mandy or Jane and please quote **S4/5/72.**

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Full Time Chefs, Waiting and Bar staff

Jamie's ITALIAN

- Jamie Oliver needs you!

Jamie Oliver's Jamie's Italian is opening soon in Kingston.

The food - authentic, affordable Italian; the experience - accessible, fantastic quality, great fun. We're looking for a team of superstars with previous relevant experience and loads of enthusiasm. If you have a great attitude, high standards and would like to be involved in Kingston's most eagerly awaited restaurant opening,

please contact www.jamieoliver.com/italian/join-us

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- Full product and sales training, expense package provided during induction period.
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- Our top designers earn over £2,200 per week

This is an exciting opportunity to join a dynamic company with a successful marketing strategy, 20 retail outlets, national exhibitions and award winning web presence.

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Betta Living Bedrooms Kitchens Established 1966

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We are looking for an experienced motivated individual for a 1 year minimum maternity cover contract. Varied role in an accountancy practice located in Putney.
Salary Negotiable
Please send CV to:
sueglancy@haca.co.uk
www.haca.co.uk

Editorial Assistant and Researchers

AMI is an online forward planning service, listing thousands of future events in a highly indexed and searchable database. Clients include national broadcast and print media, PR's, corporate & financial institutions.

We are seeking an editorial assistant and 2 business researchers to work in Kingston, Surrey within our business and financial teams. Successful applicants will be accurate, organised and literate, with general business and current affairs knowledge. Good telephone manner and web-proficiency essential. Recent relevant work experience & educated to A level or above. Flexible working hours will be considered.

Salary £15-£17k dependant on experience.

For an application pack please call Caroline Goncalves on +44(0) 208 547 0077
For further information visit www.amiplan.com

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375 TRAINEE PLUMBERS REQUIRED!

The UK will need 375 new plumbers every month for years with plumber positions predicted to be the hardest to fill even in 2015. So forget the 'credit crunch' and apply now to train as a plumber with a **guaranteed job** on qualifying - no previous experience is necessary.

Train around your current job in fast-track, separately bookable one-week modules at state-of-the-art Building Trade Skills Centres, the largest in Europe. **Become one of the UK's most highly qualified new plumbers** with the full City & Guilds Level 3 qualification, recognised world-wide, plus qualified in gas for CORGI registration.

Ring now and arrange an interview to find out about this unique training course that can give you a lifetime skill in long-term demand, the **exceptional earnings potential of up to £40k** for qualified plumbers with experience and the **guaranteed job** with one of our associated plumbing companies.

TO ARRANGE AN INTERVIEW CALL
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Starting salary £18,135 + local allowances rising up to £25,811

What did you do at work today that really made a difference? Really counted for something? Had a real impact on someone? Changed someone's life – or their prospects for the future? Or, did you just make a difference to someone's bottom line, shareholders or plans for world domination? How did that make you feel? Inspired? Challenged? Rewarded? If not, maybe it's time for a change; maybe it's time to look inside.

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Ministry of JUSTICE

THE PRINCESS ALICE HOSPICE
Charity No 1010030

Furniture Shop Manager

Kingston-upon-Thames
Hours: full-time 37.5 hrs per week (flexible including some Sundays)
Salary: £20,879 - £21,723 per annum

We are looking for an experienced Retail Manager to manage and develop our furniture shop in Kingston. The successful applicant will have strong and effective interpersonal & organisational skills to work with a team of staff and volunteers. You will need a sound knowledge of I.T., including word / excel and EPOS tills. This is an exciting point in the development of our retail operations and a great opportunity for a person with the right skills, drive and ambition to take the Furniture shop through the next stage of its development.

Closing date: 7th October 2008. **Interview date: 20th October 2008.**

Shop Manager

Richmond
Hours: part-time 22.5 hours per week (flexible including some Sundays)
Salary: £15,209 - £15,824 pro-rata per annum

We need an experienced Retail Manager, with excellent presentation and merchandising skills, to run our shop in Richmond. Other essential requirements include experience of working in a customer service industry, knowledge of women's fashion brands, quality and trends and good interpersonal skills.

Closing date: 7th October 2008. **Interview date: 22nd October 2008.**

All vacancies are subject to CRB Disclosure.

For further information and an application pack please contact the HR Department, stating which vacancy you are applying for on 01372 461852 (24 hr answerphone) or e-mail: jobenquiries@pah.org.uk
website: www.pah.org.uk

The Princess Alice Hospice, West End Lane, Esher, Surrey KT10 8NA.

Best Company 2008

Do I look like a firefighter to you?

There's more to me than meets the eye. And there's more to the job of being a firefighter than a lot of people think. Anyone who's got determination and a good level of fitness can learn to do the physical part of the job. But it's not all about burning buildings and cutting people out of cars. Most of my time is spent talking to people. I go into schools, businesses and community meetings to encourage Londoners to re-evaluate what they think about fire safety. And, in the process, re-examine what they think about the face of today's Fire Brigade.

Visit our website www.london-fire.gov.uk between Monday, 29 September and Friday, 3 October for further instructions on how to obtain your application form.

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Cornhill Conservatories

Due to the opening of a new Show Site in Chessington and the forthcoming opening of our Guildford Showroom, Cornhill Conservatories need to increase their Sales Force by two. We have a reputation second to none, an extensive product range, and generate superb quality leads from Show Sites and local advertising.

There is an excellent commission structure, as well as a generous bonus scheme offering great earning potential.

Experience in conservatories is preferable but not essential, however applicants must have a proven track record in Home Improvement sales or other forms of direct sales.

Please call: Mon - Fri 8.00am - 5.00pm
01483 511 566 or send your CV by email to
kellyhaddon@cornhill-conservatories.co.uk

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Home Care Assistants and Operations Assistant
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No experience is necessary as full training will be given.

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www.clarendonhomecare.com

We are an Equal Opportunities employer.

SHOP MANAGER

To take responsibility for our Charity shop in Worcester Park.

The role is varied and requires a confident person with good organisational skills, coupled with the ability and enthusiasm to recruit, train and motivate a small team of staff and volunteers.

This is a demanding hands-on role, and previous retail experience is essential.

Rate of pay £12,605 per annum plus £2,400 London Allowance

Contractual days are Monday to Saturday, working 35 hours per week.

25 days annual holiday plus bank holidays

Please send CV to Denise Barrett - Area Controller Marie Curie hospice Caterham, Harestone Drive, Caterham, Surrey CR3 6YQ

Closing date: 10th October 2008

Registered Charity No.207994

Marie Curie Cancer Care is committed to equal opportunities in employment

EPSOM DOWNS RACECOURSE — A JOCKEY CLUB RACECOURSE
SANDOWN PARK — A JOCKEY CLUB RACECOURSE

SPONSORSHIP ACCOUNT EXECUTIVE PART TIME

Sandown Park and Epsom Downs Racecourses are currently looking to recruit a Part Time Sponsorship Account Executive to join the team. This position will be based at Sandown Park Racecourse.

The successful person will act as a point of contact for all sponsors/agencies with regards to organising their racedays. You will also assist other members of the team with delivering sponsorships as well as carrying out the day to day office duties.

You will need to be highly organised, possess excellent communication skills, have the ability to build strong working relationships and provide a high level of customer service. You must be a team player and be PC literate. As this is the leisure industry there may be the requirement to work some unsociable hours.

If you are interested in applying please send your CV and covering letter along with your salary expectations: Mrs Lynne Bulmer, Group HR Manager, Jockey Club Racecourses, Epsom Downs Racecourse, Epsom Downs, Surrey, KT18 5LQ

Closing Date for applications: 8th October 2008

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The Recruitment Shop

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Call us now for more information or send your CV to
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The Tolworth roles are on offer for immediate start until 24th Dec although there is a possibility that successful candidates will be offered a permanent position.

Previous experience is preferred. A full clean driving license coupled with a sound knowledge of London is vital for the driving roles.

Successful candidates will be invited for interview.

Apply by CV to zouletta@oliverbonas.com
Or Post to: HR Team, Unit F, Davis Road Industrial Estate, Davis Road, Chessington, KT9 1TQ

Closing Date: Monday 6th October 2008.

Faculty of Science

Course Administrator

£20,741 - £23,712 pro rata pa inc. 20 hours per week

We need an experienced Course Administrator with good organisation skills to provide support for the postgraduate courses in the Faculty of Science. The job is varied and challenging and will involve lots of contact with academic staff and students. We are looking for applicants with proven administrative, secretarial and IT skills who can assess priorities and manage workloads to meet deadlines. We need someone with a flexible approach and good communication skills who is willing to work as part of a small team in a busy office. Experience of Higher Education is not essential but would be an advantage.

For further information, or to apply online, visit our website www.kingston.ac.uk/jobs or alternatively call the recruitment line on 020 8417 3153 quoting reference 08/322. If you are a minicom user, please phone 020 8417 3169.

Closing date: 12 noon on 13th October 2008.

Interview date: w/c 27th October 2008.

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www.kingston.ac.uk

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ADMISSIONS OFFICE ASSISTANT

37 weeks per year
9.00am to 1.00pm - 16-20 hours per week Monday to Friday
(work pattern to be agreed)

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Pro-rated salary = £7,000-£10,000pa
depending on working hours/skills and experience

An enthusiastic, confident individual to work with the Admissions Secretary in the organisation and administration of applications for entry to the Senior School. The successful candidate must be well organised and have strong interpersonal and communication skills. A high level of literacy and sound administrative skills are required plus proven IT skills.

Starting date 1st November or as soon as possible thereafter.

Details of the post, including an electronic copy of the application form, can be found on our website: www.kcs.org.uk/jobs or by registering your details on 020 8255 5308.

Closing date for applications: 15th October 2008.

Details of the post, including an electronic copy of the application form, can be found on our website: www.kcs.org.uk/jobs or by registering your details on 020 8255 5308.

HOLY CROSS PREPARATORY SCHOOL
KINGSTON UPON THAMES
IAPS Catholic Day School for 250 girls aged 4-11
(Under the Trusteeship of the Sisters of the Holy Cross)
Required for November 2008

Full time ICT technician & network administrator

Starting salary £23,000 p.a.

- To support and assist the admin and teaching departments throughout the school
- Desktop and application support
- Server and network support
- Configuration and installations
- Support request management
- Please email or telephone the school for an application form and details.

Closing date for applications Friday 3rd October 2008.
Interviews will be held in the week commencing 6th October.

Mrs K Hayes M.A. (Headteacher)
Holy Cross Prep School, George Road, Kingston, Surrey KT2 7NU
Tel: 020 8942 0729
Email: secretary@holycrossprep.co.uk

Holy Cross Prep School is committed to safeguarding and promoting the welfare of children and applicants must be willing to undergo child protection screening including checks with past employers and the Criminal Records Bureau.

www.holycrossprep.co.uk

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Locations across London

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If you want to be part of one of our custody teams visit **www.metpolicecareers.co.uk**

If you have any further queries please contact our Recruitment Call Centre on 0845 727 2212, Mon - Fri, 9am - 4pm, quoting ref 8257.

Completed applications must be returned by Thursday 23 October 2008.

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Customer Account Managers

Salary dependent on experience, £17,369 - £19,106pa.
Total package worth up to £25,892 per annum.

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As the world's largest building society – owned by customers, not shareholders – we look after the people who look after our business. What's more, our continued growth, and our investment in our branch network, means there couldn't be a better time to make the most of everything we offer.

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CVQUEST

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bright enthusiastic and confident person required by sales director of well established business in New Malden. You will be experienced, well organised with excellent telephone manner. Full /Part time considered 02083361422

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required by Window Manufacturing Company. Basic, Commissions plus Bonus. Tel. 07816 517 849

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NEW ROAD CAR TEST : TOYOTA AURIS D-4D RANGE

Toyota goes for gold

Toyota openly admits it has underachieved in the money-spinning family hatch market in the UK. It's banking on the latest Auris diesels to start rectifying matters. Dave King gets behind the wheel.

It's impossible to consider these Toyota Auris diesel models without at least a brief mention of the Corolla. The world's best selling car, it never really achieved much affection in this country, being generally seen as a functional but unexciting 'white good' of a car. The Auris aims to change that and project a more dynamic image for Toyota family hatches.

So why are we looking at diesels? The simple reason is because this is where the big sales will come and also because Toyota has boldly plumbed a 180bhp oil-burner into the snub nose of the Auris, making it a real closet rocket.

Three diesel engines are offered, the entry level powerplant being the 1.4-litre D-4D 90, which produces 89bhp and 190Nm of torque.

A more popular option looks set to be the car I covered most miles in, the 2.0-litre D-4D 130. This packs 124bhp and a maximum torque figure of 300Nm, translating into a sprint to 60mph of 10 seconds flat and a top speed of 121mph. The technical highlight of the range is the SR180 version which is good for 175bhp and a whopping 400Nm of torque, making it as muscular in the mid-range as a Porsche 911 Carrera S. It'll get off the line to the 60mph benchmark in 7.9 seconds but it's when the turbocharger gets spooled up that this engine does its best work, jetting from 50 to 75mph in 8.4 seconds.

The longer overhangs offer significantly better luggage capacity (354 litres) than the old Corolla and despite the wheelbase being the same, some clever packaging sees rear legroom increase. Compared to the Corolla, the Auris is 40mm longer and 50mm wider. One particularly neat design detail is the low door profiles which help to reduce the visual effect of tallness. As you'd expect from Toyota, standard equipment levels are excellent. The TR looks an especially good buy, the £15,095 Auris D4-D 130 TR three-door gets 16-inch alloy wheels, dual-zone climate control and extra chrome detailing at the back of the car. Toyota also offers three option packs for the Auris, Style, Protection and Tech.

It also has a fistful of aces when it comes to running costs. Both the 90 and 130 D4-D models are not only good value from new but also turn in sparkling running cost figures.

If you're going to buy a car with your head rather than heart, these models are right in the mix.

Car fact file

CAR: Toyota Auris D-4D range

PRICES: £13,455-£18,545 - on the road

INSURANCE GROUPS: 3E-13A

CO2 EMISSIONS: 132-164g/km

PERFORMANCE:
[SR180] 0-60mph 8.1s / Max Speed 146mph

FUEL CONSUMPTION:
[SR180] (urban) 35.8mpg / (extra urban) 54.3mpg / (combined) 45.6mpg

STANDARD SAFETY FEATURES: Nine airbags / ABS /EBD

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Mercedes

FORD FIESTA 3door, black, 1996/P, 1.4si, 62.000m, alloys, PAS< c/l, e/w, 1year mot, all old mot's, lovely condition in/out £1195 07879 460 211(T)

MERCEDES A150 automatic classic, SE, 2005-05, only 9000 miles, one disabled owner not modified, immaculate silver body work, black interior, climate control, cd stereo, tinted electric windows, must be seen £8995 01737 359 802 www.kingswoodmotorco.co.uk(T)

MERCEDES E330 K reg, very rare 7 seater, superb car, silver, all usual extras £1495 020 8542 4477(T)

MERCEDES SLK 230 Convertible, 2000/V Automatic, electric steel roof, air conditioned, immaculate black bodywork, beautiful black leather heated seats, cruise control, CD stereo, alloys, electric windows, only 52,000 miles, history, £7,990. 01737 359802, www.kingswoodmotorco.co.uk (T)

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MG

MG TF late shape, 2003/03 reg, black, convertable, leather interior, alloys, CD stereo, e/windows, 69,000m, recent MOT, long tax VGC £2795 tel 01737 357 369 or 07882 399 161 (Epsom) (T)

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£7200ono
07944 566354

Nissan

MICRA 1.2 Spriita se, 5 door, 2006/56, pacific blue metallic, 1 owner, 12,000 miles f/s/h, air con, charcoal trim, e/windows, c.d.player, pristine, balanceof nissan warranty, £5,495 020 8763 1343 or 07967 199 960 www.omvltd.co.uk (T)

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NISSAN ALMERA 1.8 SE auto/PAS, 2005 05, only 11,000 miles, 1 disabled owner (not modified), immaculate metallic denim blue, air conditioned, parking sensors, tinted electric windows, electric mirrors, history £4990 01737 359 802 www.kingswoodmotorco.co.uk(T)

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NISSAN MICRA 1.3 GX, 3 door, automatic, 1999(V), 1 lady owner, 21,000 miles, fsh, met silver, p/s, r/c/l, e/w, s/r, cheap road tax and insurance, stunning condition £2995 020 8763 0607 or 07944 933 539 (T)

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PEUGEOT 307 1.4 style 2002(02), two owners, 54,000 miles, f.s.h, p.a.s, e/windows, c/locking, a.b.s, twin a/bags, stereo CD, MOT Sep 09, 3 door, white, fabulous throughout, viewing essential, hp p/ex warranty £2995 020 8542 9099 www.motorscene.uk.com (T)

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PEUGEOT PARTNER Combi 1.9 quick silver diesel, 47,000 miles, two owners, f.s.h, p.a.s, e/windows, c/locking, roof rails, drivers a/bag, 5 door, MOT Sep 09, silver, immaculate throughout, hp p/ex warranty £3395 020 8542 9099 www.motorscene.uk.com (T)

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RENAULT CLIO 1.4 Alize 2000(X), two owners, 52,000 miles, fsh, a/c p/s c/l e/w, blue met £2395 tel 01372 277 102 or 07831 656 933 (T)

RENAULT GRAND SCENIC 2.0 dynamique, seven seater 2005 June, only 25000 miles, one disabled motability owner (not modified), air conditioned, tinted electric windows, cd stereo, immaculate charcoal grey £6995 01737 359 802 www.kingswoodmotorco.co.uk(T)

RENAULT KANGOO
expression, 2004, 1.6 auto, low mileage, 1previous owner, tax Jan09, mot June09, absolute perfect condition, twin sliding door, tinted windows, airbags, radio/cd, c/locking, immob, lovely car
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RENAULT KANGOO 1.5 DCI venture, diesel, 2005-05, only 22,000 miles, absolutely superb condition, very economical, electric windows, twin sliding side doors, single tailgate (easy wheelchair access) condition must be seen £5995 01737 359 802 www.kingswoodmotorco.co.uk(T)

Renault

RENAULT MEGANE dynamique, 1.6 16v 2005 05, lady owner, 38,000 miles panoramic glass roof, air conditioned, tinted electric windows, cd stereo, immaculate diamond black body work, 5 door history £4990 01737 359 802 www.kingswoodmotorco.co.uk(T)

RENAULT MEGANE 1.6 16valve dynamique, VVT automatic, 2005 05, immaculate electric blue body work, charcoal interior, air conditioned, tinted electric windows, only 13,000 miles, history, one owner £5490, 01737 359802 www.kingswoodmotorco.co.uk(T)

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RENAULT SCENIC Sport, red, 2001/Y-reg, 1.6, twin airbags, twin electric sunroof, a/c, e/w, p/s, CD, stereo, long MOT, taxed, very gc, only 56,000m, £1895. 01737 357369 or 07882 399161 Banstead (T)

RENAULT SCENIC 1.6 dynamique auto 2005 June, only 23,00 miles, air conditioned, electric windows, CD stereo, alloys,one disabled motability owner (not modified) absolutely stunning condition £6495 01737 359 802 www.kingswoodmotorco.co.uk(T)

RENAULT CLIO 1.2 16v Expression, 5 door, 04/54 plate, met blue, 42,000 miles, one owner, f.s.h, 4 new tyres, new MOT, taxed, p/s, e/mirrors & windows, r/c/l, a/con, immaculate throughout £3995 tel 07886 113 743 Epsom (T)

Rover

ROVER 25 1.4 impression s, 2003(53), two owners, 29,000 miles, f.s.h, p.a.s, a/con, e/windows, e/mirrors, c/locking, alloy wheels, spot lights, stereo CD, MOT Sep 09, 5 door, metallic green, immaculate throughout, hp p/ex warranty £2395 020 8542 9099 www.motorscene.uk.com (T)

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FORD FIESTA – CHOICE OF 20

EG. FORD FIESTA 1.4 ZETEC CLIMATE TECHNO | JANUARY 2008 | PANTHER BLACK | 4427M | 3 Dr | 5 Sp | Privacy Glass | Bluetooth | 16in 7 Spoke ALLOYS | 1 Owner | A/Con | ABS | PAS | Parking Senser | ESP | HFS | 2 Air Bags | Ew | Cl | Edm

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FORD FOCUS – CHOICE OF 42

EG. FORD FOCUS 2.0 TITANIUM 145 | AUTO | JUNE 2007/07 | 5 DR | MOONDUST SILVER | 11473M | 1 Owner | A/Con | ABS | PAS | Alloys | Stereo HFS | 2 Air Bags | Ew | Cl | Edm

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FORD MONDEO – CHOICE OF 22

EG. FORD MONDEO 2.0 LX TDCI 115 | 5 DR | 5 SP FEBRUARY 2007/56 | STARDUST SILVER | 14979M | NEW £16627RRP | 122mph | 42mpg Combined Cycle | 1 Owner | A/Con | ABS | PAS | CC | Stereo HFS | 2 Air | Bags | Ew | Cl | Edm

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FORD S-MAX – CHOICE OF 5

EG. FORD S-MAX 1.8 LX 125 TDCI | 5 DR | 5 SP | MARCH 2007/07 | AMBITION BLUE | 15285M | F/Fogs | 44mpg Combined Cycle | Sat Nav With Traffic | 1 Private Owner | Balance of 3 yr Warantee | A/Con | ABS | PAS | Stereo HFS | 6 Air Bags | Ew | Cl | Edm

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RENAULT – CHOICE OF 6

EG. RENAULT MEGANE CC CONVERTIBLE 1.6 DYNAMIQUE | MAY 2005/05 | CHAMPAGNE GOLD | 11000M | 1 Private Owner | 2 Dr | 5 Sp | A/Con | ABS | PAS | Alloys | Stereo | 2 Air Bags | Ew | Cl | Edm

Many other RENAULT from from £5999
Or with No Deposit £125.92 per month.
See repayment chart

VAUXHALL ASTRA – CHOICE OF 18

EG. VAUXHALL ASTRA 1.8 SRI XP VVT 140 | 5 DR | 5 SP JUNE 2008/08 | SAPPHIRE BLACK | 2487M | 18in Alloys | Vxr Styling Pack | 1 Owner | A/Con| ABS | PAS | Traction | EBD | ESP | Stereo | 6 Air Bags | Ew | Cl | Edm

Many other ASTRA from from £6499
Or with No Deposit £136.41 per month.

VAUXHALL CORSA – CHOICE OF 12

EG. VAUXHALL CORSA 1.2 DESIGN | HALF LEATHER | 5 DR | 5 SP | APRIL 2008/08 | SAPPHIRE BLACK | 1148M | 48mpg Combined Cycle | Auto Lights | 1 Owner | Balance of new car warrantee |A/Con | ABS | PAS | Alloys | EBD | Rain | S/Wipers | Stereo | Air Bags | Ew | Cl | Edm

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Or with No Deposit £136.41 per month.
See repayment chart

VAUXHALL VECTRA – CHOICE OF 11

EG. VAUXHALL VECTRA 1.9 SRI CDTI 150 | 5 DR | 6 SP | MARCH 2008/08 | LIGHTNING GREY | 2817M | SP SEATS & SUSPENSION | 1 Owner | Balance of new car warrantee | A/Con | ABS | PAS | CC | EBD | Stereo | 6 Air Bags | Ew | Cl | Edm

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Or with No Deposit £157.40 per month.

ECONOMICAL CAR – CHOICE OF 9

HONDA JAZZ, NISSAN NOTE, TOYOTA YARIS

EG. HONDA JAZZ 1.4 SPORT | 5 DR | AUTO | SEPTEMBER 2007/57 | SIRIUS BLUE | 13000M | 1 Owner | A/Con | ABS | PAS | Alloys | EBD | Stereo | 4 Air Bags | Ew | Cl | Edm

Many other ECONOMICAL CAR from from £7499
Or with No Deposit £157.40 per month.
See repayment chart

VW – CHOICE OF 10

EG. VOLKSWAGEN GOLF 1.6 SE | 5 DR | AUTO | 6 SP | JULY 2005/05 | STEEL GREY | 19400M | Including 6months RMI Warranty | 1 Private Owner | Full Service History | A/Con | ABS | PAS | Alloys | CC | ESP | Stereo Immob | 6 Air Bags | Ew | Cl | Edm

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£7,999	£10,074.30	£167.90
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SUZUKI JIMNY 1.3 JLX, 1999(T), two owners, 54,000 miles, service history, p.a.s, e/windows, e/mirrors, e/sunroof, alloy wheels, roof rails, twin a/bags, stereo CD, metallic blue, MOT May 09, immaculate throughout, hp p/ex warranty £1895 020 8542 9099 www.motorscene.uk.com (T)

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RENAULT MEGANE 1.4RT, 5 door hatchback, 1998, manual, 5 speed, power steering, electric sunroof/windows, 70,000 miles,full history, new MOT, taxed, cheap to run, excellent cond. £995 020 8391 5289 or 07887 717066 (T)

ROVER METRO 1.1 Ascot SE, 1998, manual, 5 speed, lady owner, full service history, new MOT, TAXED Feb 09, low insurance, 70,000 miles, lovely little car drives superbly £795 020 8391 5289 or 07887 717 066 (T)

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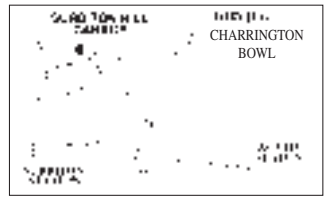

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Pair pay price for Ks success

Striker Steve Goddard has become the second player in a week to quit Kingstonian in search of first-team football in Ryman Division One South, ***writes Stuart Amos***.

The former AFC Wimbledon frontman, who scored only three goals in eights starts after joining Ks, follows defender Ryan Gray out of the exit door.

Boss Alan Dowson, who admitted there was no hard feelings, said: "Steve has been frustrated as he has not been able to get into the team.

"He has had some games at Chessington & Hook United, but wants to be playing in our league and, as I have said before, his destiny is in his own hands in terms of his ability.

"Ryan was unlucky to get injured towards the end of pre-season and, after the start we have had, just hasn't been able to get in when I think he would get into most other sides."

Ks latest: yourlocalguardian.co.uk

Joy in Portugal

Surbiton beat Portugal in two pre-season friendlies over the weekend in Lisbon, by 5-0 on Saturday evening and 6-4 the following day.

The games were played in the National Stadium training complex that hosted the England football team at Euro 2004, against a country ranked 32nd of the world's 75 hockey-playing nations.

Olympians Ben Hawes, Richard Alexander and James Tindall were on the scoresheet in the first game, with John Grice and Tim Pinnock also among the goals.

Pinnock got a double in Sunday's clash, with the other goals coming from Alexander, Tindall, Hawes and new boy Andy Cornick

Full story: yourlocalguardian.co.uk

Garrard a keeper for Alan

by STUART AMOS

samos@london.newsquest.co.uk

Kingstonian keeper Luke Garrard's form has forced boss Alan Dowson to change the habit of a lifetime and name his number one as captain.

The 29-year-old pulled off two crucial first-half saves with Ks leading Leatherhead 1-0 on Monday night, before watching his side win 4-1.

Dowson hailed the shotstopper as his player of the season so far, dispelling rumours the Ks chief was about to swoop for Whyteleafe's Rob Tolfrey.

Garrard has taken over the skipper's armband this season and has kept three clean sheets in his past four games, with a 0-0 shutout at then-league leaders Walton & Hersham among the highlights.

He was in top form again in Saturday's 1-0 win at Walton Casuals, and Dowson reckons there was never any doubt the former Swans number one would stay at Kingsmeadow.

"Luke has been a top player for us. Virtually every game I have come in at half-time and had to point out he has kept us in the game," he said.

"I don't usually like having a goalkeeper as captain because he is too far back from play a lot of the time, but his form has proved me wrong and he has deserved to be skipper.

"I am always putting in seven-day approaches for players because it is best to be prepared. What if he or Luke Naughton got injured?

"There was nothing in it. I can't even say it was a bit of psychology. I spoke to the lad and he is fine with it. It is no good waiting until you have injuries to make approaches."

Winger Phil Williams opened the scoring early on Monday night before midfielder Simon Huckle added a second just after half-time, 48 hours after seeing red for a stray elbow at the Stags on Saturday.

Dean Lodge and Tommy Williams, who hit his third in three games, having struck the winner on Saturday, wrapped up the Ks scoring.

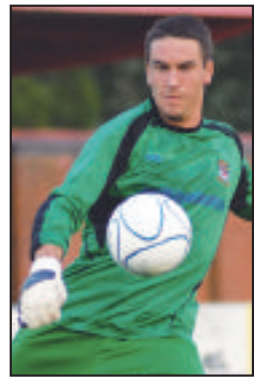
Only a late consolation for the Tanners took the gloss off boss Dowson's night, as he prepares for Saturday's FA Cup clash with Blue Square South strugglers Braintree Town.

"Our defending was a bit sloppy at times and I think we can get better," he added.

"We couldn't be in better form for the cup. Top of the league and unbeaten so far.

"We have put a good run together. It will be interesting to see how we react should it end."

Ks updates: yourlocalguardian.co.uk



Rampant: Phil Williams (front) and John Neal head Ks' charge. Right: Luke Garrard Deadlinepix Ben Mole SP22991/SP22112

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SPORTS*brief*

RUGBY UNION: Kingston got back into winning ways after securing their first two points in London Four South West with a 28-15 win over Old Wimbledonians. Joe Worrall was the star, capping a fine display with eight points from the boot. Charlie Symonds, Tom Evans (pictured above), Jonathon Morris and Bruce Fowles all scored tries. Kingston visit Old Alleynian this Saturday.

More rugby: yourlocalguardian.co.uk

FOOTBALL: Corinthian Casuals went down 3-0 at home to Godalming Town in Ryman Division One South on the weekend, paying the price for their own profligacy. The visitors had few chances in the first half but still went into the break 2-0 ahead. With 20 minutes to play and all three Casuals substitutions made, Carlos Talbot went off injured and, in injury time, Glen Stanley finally exploited the difference in numbers to score Town's third.

More football: yourlocalguardian.co.uk

FOOTBALL: Phoenix Royals thrashed NPL Youth 4-0 in the U15 Epsom & Ewell Premier Division on Sunday. Aaron Harding, Matt Tanton, John Lathwell and Sam Webb got the goals, with Tanton being named man of the match.

More junior sport: yourlocalguardian.co.uk

MARTIAL ARTS: A new martial arts club has opened in New Malden specialising in kuk sool won. A Korean form, kuk sool won covers covers the spectrum of established Asian fighting arts and body conditioning techniques, as well as mental development and traditional weapons training. The club was opened last week and is now looking for new members. For information, call James Barker on 07973 173892.

Latest sports headlines: yourlocalguardian.co.uk

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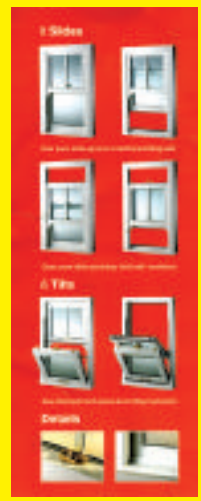

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ALISANNE'S IMPROVED FITNESS ON HER ROAD TO RECOVERY

First time gym user, Alisanne Buck, is enjoying remarkable results since taking the first steps on her exercise journey with kinetika.

The 42-year-old customer of Lime Kiln Leisure Centre in Woolton Bassett, Wiltshire, has lost a whopping three and a half stone in three months thanks to a combination of healthy eating and regular exercise.

"I felt like a sack of spuds before I joined the gym. Now I'm full of energy and so much happier," says Alisanne.

A professional dog trainer and sitter, Alisanne wanted to get fit to prepare for reconstructive surgery following cancer treatment last year. She admits she felt nervous about the prospect of working out in a gym for the first time, but these feelings quickly disappeared after her first kinetika appointment.

"I thoroughly enjoyed the sessions with my instructor Stacey. They gave me the confidence to work towards my goals and I am absolutely chuffed with the results," says Alisanne who uses the kinetika gym two to three times a week.

Over the course of five appointments in three months, she has seen her fitness improve dramatically.

At first, Alisanne could only spend three minutes on the cross trainer, but her stamina has improved so much that she has now progressed to 38 minutes on the equipment. By taking regular exercise and following a healthy eating plan, Alisanne has lost nine centimetres on her waist.

"My family and friends just can't believe how different I look now and are so proud of my achievements so far. I couldn't have done it without the support of the staff at kinetika," she says.

"My family and friends just can't believe how different I look now and are so proud of my achievements so far."

Alisanne, 42, Woolton Bassett

REBECCA ON TRACK TO BIKINI BODY

Going to the kinetika gym has transformed Rebecca Weaver's life as well as her body helping her to lose inches and gain more energy in the process.

The 27-year-old hospitality manager joined Clifton Hill Sports Centre in Exeter in the hope of toning-up and losing a dress size. After joining a slimming class, Rebecca wasn't happy with the results and wanted to join a gym to gain muscle definition in time for her summer holiday. "I was feeling really tired and stressed when I joined the gym but after my first appointment with an instructor I was determined to keep it up and I thought the five sessions would keep me motivated."

Rebecca began to feel and see the difference straight away, "Each time I went to the gym for a workout, I could not only feel the difference in how I exercised but I could also see the amount I had toned up. This made me really motivated to keep going to the gym as I knew I was moving closer to achieving my goal."

Following completion of her five appointments and finding out that she had lost a total of 12 inches from her body, Rebecca decided to continue her kinetika journey. She has recently booked another two personal training sessions to give her the boost she needs to lose the remaining half a stone so that she can wear her bikini with confidence this summer.

Rebecca is now a regular visitor to Clifton Hill Sports Centre, using the gym four times a week, "The staff here at Clifton are more like friends now because I'm here so often! They have made a real difference to my life by being so supportive in achieving my targets which has resulted in me having more energy to play with my two children at home.

"The staff are so supportive in achieving my targets which has resulted in me having more energy"

Rebecca, 27, Exeter

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www.kinetikagyms.co.uk

Training takes Mark to Mount Kilimanjaro

Hill walker, Mark Vautier, joined the kinetika gym at Fakenham, Norfolk earlier this year to train for an epic journey to reach the summit of Mount Kilimanjaro.

When Mark, 43, joined the gym he was immediately put on the kinetika journey and assigned a trainer who worked in partnership with him to put together a bespoke workout keeping him physically and mentally challenged. "My instructor, John, developed interesting variations on exercises and researched different techniques to ensure my programme was tailored to my specific needs. Over the weeks he checked on my progress and, when necessary, corrected my exercise techniques." explains Mark.

After following John's programme for a couple of months, Mark decided to climb Ben Nevis. In August 2007, he reached the summit with ease and decided that his next challenge would be to climb Mount Kilimanjaro. John supported Mark's next challenge by providing him with a long term programme that worked on all aspects of his fitness and integrated his gym sessions with studio work.

In February 2008, Mark reached the summit of Mount Kilimanjaro with a group of ten other people all of who had previous mountain experience. "The work John and I did together allowed someone from the flatlands of Norfolk to reach the highest peak in Africa. He built my own confidence in my fitness which was as important as my physical fitness and really helped on summit night at 20.000 feet."

Since returning to Norfolk, Mark has continued to work out at Fakenham Sports and Fitness Centre and believes that the continual support from staff, especially Helen, has helped achieve his goals as well as improve his general health and work-life balance.

"Staff at Fakenham, work with a variety of people and always adjust their style depending on the individual's needs. It was really important for me as a new gym-user to feel comfortable in the gym and receive encouragement from the staff."

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